

Skrastins Prep Smart: Outdoor Trip Essentials Checklist

Preparing ahead for an outdoor adventure is the best way to ensure a safe, smooth, and enjoyable experience. Plan for the unexpected, including rapid weather changes by having the right gear and supplies. A little planning can go a long way. This outdoor essentials checklist is here to help you pack smart, stay safe and fully enjoy your time in nature - without the worry of forgetting something important.

Documents

- ID
- Skrastins MedAlert tag

- National Park pass

Hydration

- Water - 2 L minimum bottles or hydration pack
- Hot or sweaty? Add 1 L
- 1 L extra water - stays on bus
- Optional:
- Electrolyte drinks/tablets
- Winter: Bring a thermos with a hot beverage
- Purification tablets

Summer - What to Wear or Pack

- Moisture wicking shirt - weather appropriate
- Hiking pants - lightweight, breathable
- Hiking shorts - Tip: pack your pants
- Long-sleeve shirt (sun+bugs; warmth)
- Mid-layer - fleece/down jacket

- Outer layer - jacket, wind and rain protection
- Socks - wool/synthetic; pack a spare pair
- Hiking boots in good condition
- Footwear for the bus (optional)
- Neck protection/buff
- Warm gloves
- Rain gloves
- Sun hat/cap with brim; breathable
- Fleece hat
- Gaiters (snow, wet or muddy conditions)
- Rain pants

Summer Gear

- Sunglasses + case
- Icers (microspikes) + bag (shoulder season)
- Trekking poles

Bags

- Backpack - gear, food & water. Stored in bus cargo hold.
- Bus bag - holds items that stay on bus.
- Winter: Bring onboard items that need to stay warm on the outward trip.

Meals and Snacks

- Balanced breakfast - at home or on the bus
- Outbound - light snack on the bus
- Lunch: Nutrient-dense foods including protein
- Fresh fruit & veggies (extra hydration)
- High-energy finger food - handy to grab
- Return trip - Protein and fibre snack

Winter - What to Wear or Pack

- Moisture-wicking thermal layer - top
- Moisture-wicking thermal layer - bottom
- Pants - warmer weight, breathable
- Extra long-sleeve shirt, warmth
- Mid-layer - fleece/down jacket

- Outer layer - jacket, wind and rain protection
- Socks - wool/synthetic, warmer weight; 2 pairs
- Insulated, boots in good condition - activity specific
- Footwear for the bus (optional)
- Neck warmer/buff/balaclava
- Warm gloves/mitts; 2 pairs
- Rain/snow gloves
- Headband
- Wool/fleece hat; pack a spare
- Gaiters (snow, wet or muddy conditions)
- Rain pants

Winter Gear - Depending on Activity of Choice

- Sunglasses + case
- Icers (microspikes) + bag
- Snowshoes

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- Insect repellent
- Backpack rain cover
- Bear spray and holder
- Chemical hand/foot warmers (optional)
- Sunscreen
- Lip balm
- Hand sanitizer
- Tissues, toilet tissue, wipes
- Bags for garbage, wet + muddy items
- Whistle
- X-Country skis & wax supplies
- Poles with snow baskets - appropriate for the activity
- Backpack rain cover (snow+wet)
- Chemical hand/foot warmers
- Sunscreen
- Lip balm
- Hand sanitizer
- Tissues, toilet tissues, wipes
- Bags for garbage, wet + muddy items
- Bear spray and holder (shoulder season)
- Whistle

Communication and Navigation

- Cell phone - fully charged
- Trail map - paper

- GPS - AllTrails app or similar; map downloaded
- GPS device (optional)

Emergency Kit

- Prescription medications
- First aid kit in plastic bag - at minimum:
 - Band-Aids various sizes / blister care
 - Antibiotic ointment
 - Antihistamines
 - Medical tape / cold pack / bandages / splint
 - Tweezers / gloves / safety pins
- Equipment repair tape
- Space blanket or bivvy sack