

Bruce Trail Hike Packing List

Be sure to pack a mask suitable for physical distancing and a small container of hand sanitizer that you can keep with you throughout the weekend.

Saturday morning all items not needed for the hike can be left at Silver Lake so pack two bags- one for items you'll need for overnight (toiletries, sleepwear, fresh clothes for the evening and the next day, slippers and any other comforts. Watch the forecast to determine if an extra sweater or warm clothes are needed.

For the hike, bring a comfortable daypack knapsack with room in it for lunch and snacks, rain gear, bug spray, sunscreen, a water bottle and anything else (like a camera or favourite snack) that you are bringing for the hike. If you want to bring a lightweight journal along feel free.

When hiking, have:

- A mask
- Hand sanitizer
- Bug spray
- Sunscreen- travel size
- t-shirt, preferably not cotton, quick-dry shirts are best
- underwear, socks
- pants – no jeans! – fleece or quick dry pants are best (no shorts- the trail is prone to poison ivy and we want to avoid anyone making contact with that!)
- 1 rain jacket and rain pants, must be **waterproof**
(You should be able to stand in the shower and not get wet!)
- 1 pair of closed toed shoes that you don't mind getting fully wet
(ensure that they are supportive hiking or running shoes)
- 1 sun hat –a must!
- 1 water bottle at least 1 litre, indestructible (ex. Nalgene)- a must!

NOTE: To get proper equipment and clothes you **do not** need to spend \$\$\$ on brand new gear! Go to your nearest 2nd-hand store and find some fleece that fits, or borrow equipment and clothes from a friend. Keep in mind that if it pours with rain, you need to stay warm, dry, and happy!

The Optional List:

You are under no obligation to bring any of the following, but you are welcome to bring anything on this list along:

- If there's a special snack you know will give you a boost bring it along.
- A camera.
- The Bruce Trail reference guide (available at many stores, including MEC:
www.mec.ca/en/product/5056-518/Bruce-Trail-Guide-29th-Edition---50th-Anniver