

Bruce Trail Hike Packing

Saturday morning all items not needed for the hike can be left at the retreat centre so be sure to pack two bags- one that holds the items you'll need for overnight (toiletries, sleep-wear, fresh clothes for the evening and for the next day, a pair of sandals, and any other comforts. Watch the weather 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 the lunch and snacks that Silver Lake will provide for you, 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:

- 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 clothing 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:

- Your favourite snacks. Silver Lake will provide snacks, but if there's a special snack you know will give you a boost bring it along.
- A camera.
- The Bruce Trail reference guide is available in various locations, including MEC: www.mec.ca/en/product/5056-518/Bruce-Trail-Guide-29th-Edition--50th-Anniver
- The Bruce Trail has an app that you're welcome to bring along: brucetrail.org/pages/explore-the-trail/maps/the-bruce-trail-app