

Packing List for Trail Day Hikes

****Please also refer to general SLMC Retreat Packing list for items you will need for overnights at camp.***

All items not needed for the hike can be left at Silver Lake while we are on the trail 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/outerwear are needed. We also have a sauna at camp so if you wish to use it, pack a swimsuit and towel!

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.

When hiking, have along:

- T-shirt, preferably not cotton, quick-dry shirts are best
- Underwear, socks
- Pants – no jeans! Fleece or quick dry pants are best (No shorts - Poison ivy and ticks are hazards that can be minimized with long pants)
- 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-toe shoes that you don't mind getting fully wet. (Ensure that they are supportive hiking or running shoes and worn-in to minimize blisters)
- 1 sun hat – a must!
- 1 water bottle at least 1 litre, indestructible (ex. Nalgene) A must!
- Hand sanitizer
- Bug spray
- Sunscreen (travel size)

The Optional List:

- Special snack(s) you know will give you a boost
- Camera
- Lightweight journal
- The Bruce Trail Reference Guide (available at many stores, including MEC: [Maps: Bruce Trail Reference Guide - Ed 31 | Bruce Trail Conservancy](#))

NOTE: To get proper equipment and clothes you **do not** need to spend \$\$\$ on brand new gear! Go to your nearest second-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!