

PACKING TIPS

Pack the following in your day pack each day:

- Sunglasses
- Sunscreen
- Water bottle
- Snacks and lunch
- Camera
- Insect repellent
- Rain gear
- Sweater or fleece top
- Hat and gloves
- Extra socks

CLOTHING & LAYERS

We recommend that you dress in layers while out hiking. This allows you to take a layer off as you warm up, and then add it back on later when you stop for a break or lunch.

WHAT CMH PROVIDES FOR EACH TRIP:

You are welcome to bring your own hiking gear - books, day pack & rain wear, water bottle, etc.

- Technical, waterproof, leather hiking boots (Salomon, Tecnica, Garmont) (Ranging from children's size 12, 13 and 1-3, adults 4-14 – all are medium width)
- Lightweight wind and rain resistant jacket
- Rain pants
- Day pack and walking stick / ski pole
- Waterbottle

WHAT DO I NEED TO BRING?

Laundry facilities including soap are available at all lodges (no charge)

- Lightweight sweater/fleece and/or vest
- Two long and short sleeved shirts or technical shirts
- Comfortable pants for hiking (jeans are not recommended)
- Two or three pairs of socks (wool or synthetic, thick and thin pairs)
- Shorts (zip-off long pants/shorts combination)
- Good quality sunglasses
- Hat or ball cap
- Warm gloves (be prepared for all types of weather)
- Camera
- Swim suit
- Insect repellent and sunscreen
- Indoor shoes/sandals
- Clothes for stretch class
- Thin leather gloves (or similar) if you are participating in our Via Ferrata adventures (these are available for purchase in our lodge shop)

Optional: Alarm clock, flashlight, trekking poles, binoculars, lunch container

REQUIRED MATERIALS

Pack the following in your day pack each day:

- Lightweight Camera
- Paint Brushes
(Small - Medium)
- Sketch Pad
- Paper
- Pencils & Sharpener
- Suitable palette
- Paper towels / rags
- Bag for garbage
- Hat & gloves
- Masking Tape
- Palette Knife
- Small Canvas / board / paper (3-4 per day)

All of your painting gear needs to be easily portable, packable and light.

Once the helicopter drops you off at your location for the day, you need to carry your equipment by hand or in a backpack. Trolleys with wheels will not work on the terrain.

Your painting gear should weigh around 10-15lbs (5-7kgs)

RECOMMENDED EQUIPMENT

- A sturdy, lightweight easel that can withstand some wind and hold your painting surface. A French easel paint box or similar will carry most everything you need
- Any paint or drawing medium you wish to use; acrylic, oil, watercolour, pencil
- Recommended colour palette:
 - Titanium White
 - (Hansa or Cad) Lemon Yellow
 - Cadmium Yellow Deep
 - Cadmium Red
 - Quinacridone Magenta (Crimson or Alizarin)
 - Cobalt Blue
 - Ultramarine Blue
 - Carbon Black
- This is the minimum, if you have a few other favourite paints, please bring them
- A small bucket for rinsing your brushes (water is readily available)
- Oil Painters: Mike highly recommends using a quick drying medium with your paint. Alkyd or Cobalt drier are effective. You will also need small sealed containers for you to clean your brushes.
- Watercolour Painters: this the simplest medium to work with as you only need water and a bucket.

For more information about your trip visit cmhsummer.com/trip-information/

Questions? Contact our team at 1.800.661.0252 • guestservices@cmhheli.com