



# CMH SUMMER ADVENTURES PACKING LIST

## Packing Tips

**Pack the following in your day pack each day:**

- Sunglasses
- Sunscreen
- Water bottle
- Snacks & lunch
- Camera
- Insect repellent
- Rain gear
- Sweater or fleece top
- Hat & 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 — boots, day pack & rain wear, waterbottle, 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 the High Flying Adventures program (these are available for purchase in our lodge shop)

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

*There are many items made from technical fabrics that are ideal for use in the mountains; they wick away moisture, dry quickly and keep you warm. CMH has a selection of items available for purchase in the retail shop at each lodge.*



# CMH SUMMER ADVENTURES RECOMMENDED EQUIPMENT

## Materials Required

All of your photography gear needs to be easily portable and packable. 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.

### Photography Equipment:

- DSLR or mirrorless camera which allows settings to be manually adjusted and ideally be familiar with how to do so.
- Lightweight tripod
- Headlamp
- Battery charger and spare batteries
- Memory Cards

### Optional:

- Laptop for editing
- Filters
- Camera manual