

**While in Canada you can bring 2 x bags while traveling with our cars.
Your normal 45 liter daypack and a 120 Ltr backpack max**

Participants should bring the following items:

- Tent (optional)
 - Sailcloth, Poncho or tarp
 - Sleeping bag (Minimal -5/-10 Celsius comfort, -30 during wintertraining in Canada, but you also can ad a liner of a woolen blanket) / mat
 - Outdoor clothing and (waterproof) footwear.
 - Mug, plate and utensils
 - Stove (make sure what you are allowed to bring on your flight)
 - Compass and Map Protractor
 - Map cover
 - Head lamp
 - Hydration Pack, Camelback bag, or Water carrier (3 Liters Minimal Total)
 - Backpack (80 liter minimal)
 - GPS
 - Waterproof markers and fine point Sharpie - Notebook
 - Personal First Aid kit, including Israeli Bandage, tourniquet and ISO Blanket
 - GSM that works in Canada
 - Photo and Video equipment (on your phone is okay) including Power bank.
 - Fire Striker
 - Whistle – Mirror
 - Walky Talky (simple device, European system)
 - Fire steel
 - Saw and / or Axe
 - Knife
 - Reflector jacket
 - Waterproof bag(s) / Bearbags
 - Rope 2 x 15 mtr minimal including 2 carabiners
 - Bearspray (purchase in Canada before arriving at basecamp)
 - Original Entrance map 083F05
- You can order this map at [Maptown](#)
- Maps printed (Online provided by Voshaar Outdoor)
- And other personal items.

Higly recomended:

- Binoculairs
- Walking poles
- Inreach device

Winter extra's (Level 2)

- Snowshoes
- (snow)Shovel
- Simple crampons (for walking, not climbing)