



Warrior What to Pack List

Below is a list of personal equipment for our Warrior training weekends and courses. Please bring the items in a drybag or a backpack with a garbage bag liner. If you don't have some of the items below, please identify it on the checklist and we will do our best to find it in the community.

Note: Avoid cotton and jeans. Wool, fleece or nylon clothing is much better when wet!

➤ **Essentials:**

- ☐ Headlamp or flashlight
- ☐ Toque or warm hat
- ☐ Gloves
- ☐ Water bottle
- ☐ Cup for hot drinks and soups (travel mugs are great)

➤ **Toiletries:**

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Wet wipes
- ☐ Towel

➤ **Clothing:**

- ☐ Long underwear or thermal underwear
- ☐ Socks – four pairs (wool if possible)
- ☐ Long sleeve shirt
- ☐ Two t-shirts
- ☐ Warm sweater (wool or fleece is best)
- ☐ Cargo pants (avoid jeans)
- ☐ Wool or fleece track pants
- ☐ Belt (mandatory even if their pants have no belt loops)
- ☐ Swimming shorts
- ☐ Warm coat
- ☐ Hooded rain coat
- ☐ Rain pants
- ☐ Rain boots or hiking boots (avoid running shoes)
- ☐ Water shoes or flip flops

➤ **Sleeping Kit**

- ☐ Sleeping bag
- ☐ Air or foam sleeping pad