



Embrace your  
#naturebeing



# ACT gear list

## Essentials

- Sturdy 3-season tent
- Hiking pack
- Sleeping bag
- Sleeping pad/mat
- Stove, fuel and cooking/eating utensils
- Enough food for # hiking days + 1
- 1 - 1.5L water bottle
- Personal Locator Beacon

## Clothing

- Hiking boots
- Base layer (thermal underwear)
- Hiking layer (hiking shirts + pants)
- Mid-layer (fleece or light down jacket)
- Waterproof layer (top and bottom)
- Woollen hat
- Sun hat
- Sunglasses
- Buff / scarf
- 3x hiking socks
- Gloves

## Personal First Aid and Repair kit

- Personal First Aid Kit
- Prescriptions / medications
- Sunscreen and lip balm
- Insect repellent and headnet (summer)
- Toilet paper
- Biodegradable soap
- Hand sanitizer
- Toiletries
- Pack towel
- Duct tape
- Multi-tool
- Extra zip-top bags for garbage/toilet paper

## Optional

- Hiking poles
- River crossing shoes/sandals
- Camera, electronics, journal, book, etc

## MY NOTES

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