



Adventurous Journey (AJ)

Packing List:

What you need to pack will be dependent on your mode of travel, activities, and location of your journey. If you are back-country camping or in a remote location, you will need a more extensive packing list to ensure your team has what it needs to remain safe throughout your journey. **Below is a suggested list of items to consider when packing individual and team gear/equipment for your journey.**

Personal Gear/Clothing		
<ul style="list-style-type: none"> • Clothing appropriate for journey and relevant weather conditions: Pants/shorts, shirts, sweaters, undergarments, warm hat, scarf, gloves, extra pair of clothes, socks and underwear. May want to include a swimsuit and towel if appropriate for your journey. <p><i>Note: recommended to dress in multiple light layers so you can adjust what you are wearing as you go. In general, focus on bringing clothes that are breathable, comfortable, durable and lightweight.</i> Visit the www.thehikinglife.com for more details.</p>		
<ul style="list-style-type: none"> • Sturdy footwear: Select footwear that will suit your journey needs, prioritize ankle support, durability and consider waterproofing. Good idea to bring two pairs, one for journey and one for your accommodations. 	<ul style="list-style-type: none"> • Sun protection: Hat, sunglasses, sunscreen etc. 	<ul style="list-style-type: none"> • Rain protection: Waterproof jacket, poncho, rain pants etc.
<ul style="list-style-type: none"> • Bug protection: Insect repellent and/or bug net/jacket. 	<ul style="list-style-type: none"> • Backpack/pack: Choose a backpack/pack based on your specific adventure. Consider factors such as capacity, features, and design to match your needs, ensuring comfort and 	<ul style="list-style-type: none"> • Flashlight or headlamp: Ensure it is fully charged and/or has extra batteries.

	practicality throughout your journey.	
<ul style="list-style-type: none"> • Whistle: To be used for emergency signaling to group. 	<ul style="list-style-type: none"> • Sleeping bag/blanket 	<ul style="list-style-type: none"> • Sleeping mat and pillow: Optional items that should be considered depending on packing space, mode of travel and where you are sleeping.
<ul style="list-style-type: none"> • Earplugs: Optional but can be good to bring if you are a light sleeper. 	<ul style="list-style-type: none"> • Personal items: Examples include health card, money (if needed), phone, phone charger, camera etc. 	<ul style="list-style-type: none"> • Journey specific personal gear: Examples include bike, bike lock, life jacket, paddle, helmet, harness etc.
<ul style="list-style-type: none"> • Snacks, energy bars and non-perishable items: To maintain energy levels during emergencies or extended journeys. <p><i>Note: personal food/trash should never be stored in a tent/portable shelter as the smell can attract wildlife.</i></p>	<ul style="list-style-type: none"> • Reusable water bottle: One or two large reusable water bottles to ensure proper hydration. 	<ul style="list-style-type: none"> • Personal hygiene products: Toothbrush and toothpaste, soap, deodorant, personal medication, hairbrush and hair ties, menstrual products etc.

For Group Use: Safety		
<ul style="list-style-type: none"> • First-aid kit: Bandages, dressings, tweezers, scissors, gloves, gauze, rehydration tablets, ointments, EpiPen, antiseptic, common non-prescription medicine, splint, emergency blanket, etc. 	<ul style="list-style-type: none"> • Itinerary left with relevant people: The Award Centre, parents/guardians, emergency contacts, park rangers etc. 	<ul style="list-style-type: none"> • Photocopies of important documents: Keep copies of identification, insurance, route maps, park passes, reservation confirmations and emergency contact information.

<p>Visit www.redcross.org for more information on how to build a first-aid kit.</p>		
<ul style="list-style-type: none"> • Emergency contact list: A compiled list of emergency contacts and team members for all team members. 	<ul style="list-style-type: none"> • Team communication devices: Cell phones, satellite tracker/phone etc. for emergency signaling and communication. 	<ul style="list-style-type: none"> • Emergency signaling device: Examples include whistle, flares, mirror, flashlights, SPOT tracker etc.
<ul style="list-style-type: none"> • Hand sanitizer 	<ul style="list-style-type: none"> • Reflective vests or armbands: Optional depending on the type of journey you are doing as well as where and when you are going. Improves visibility, especially during low-light or evening. 	<ul style="list-style-type: none"> • Bear spray: If appropriate for your journey/location.

For Group Use: Food & Hydration		
<ul style="list-style-type: none"> • Group food: All meals should be planned and packed together in sealed containers/carriers. Consider your length of travel, food storage needs, weight of items and ease of cooking when meal planning. Don't forget to prepare what you can ahead of time and bring extra food that can be used in emergencies. 	<ul style="list-style-type: none"> • Cooking items: Will want to consider bringing stove and fuel, pans/pots, pot grabber oven mitts/fire gloves, lighter/matches, cooking utensils, eating utensils, cutting board, sharp knife, plates/bowls, cup, can opener etc. 	<ul style="list-style-type: none"> • Food clean-up items: Consider bringing garbage bags and somewhere to store waste, dish soap, sponge/scrubby, basin for washing dishes in, mesh hanging bag for drying dishes etc.
<ul style="list-style-type: none"> • Extra water or water purification tools: Ensure you have a safe and 	<ul style="list-style-type: none"> • Appropriate food storage: Ensure you consider where you will 	

reliable water source e.g., carry extra water, planned water stops, tablets or water filtration device.	store your food to keep it safe for consumption. When applicable to your journey consider ice packs/coolers, waterproof barrels and bear hangers.
---	---

For Group Use: Equipment and Tools		
<ul style="list-style-type: none"> • Navigation tools: GPS, compass and/or map. 	<ul style="list-style-type: none"> • Portable charger for devices 	<ul style="list-style-type: none"> • Collaborative journal or documentation tools: Capture shared experiences and reflections as a team which your team can use
<ul style="list-style-type: none"> • Journey specific group gear/equipment: Examples include boats, packing equipment, ropes, tents/portable shelter, tarps, small hand trowel, fire starter kit etc. 	<ul style="list-style-type: none"> • Watch: Durable and water-resistant, to keep track of time, and stay on schedule. At least one person on the journey should have one. 	<ul style="list-style-type: none"> • Multi-tool or knife: Optional
<ul style="list-style-type: none"> • Camera or phone for photos: Capture memories of your AJ which your team can use after the journey if your Award Leader requires a debriefing report. 	<ul style="list-style-type: none"> • Repair kit: Bring journey specific repair items e.g patch kits. 	<ul style="list-style-type: none"> • Toilet paper