

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

Participants should bring the following items:

- Tent (optional)
- Sailcloth, Poncho or tarp
- Sleeping bag (Minimal -5 Celsius comfort, -20 during wintertraining in Canada) / 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)