

# LONGUE-DISTANCE HIKE WITH HUT STAY

## LIST OF MATERIAL TO BRING

### Clothing

	Two sweaters that are tight or fitted to your body
	Two pairs of long thermal underwear or sports leggings
	A polar fleece
	A waterproof coat/windbreaker
	Waterproof winter pants
	A down jacket
	Two pairs of warm mittens
	Two pairs of mittens/lighter gloves
	Two or three pairs of warm socks (avoid synthetic materials)
	Warm and comfortable walking boots
	Toque
	Foot and hand warmers (such as Hot Pads) for those prone to get chilly

### Cooking equipment

	Burner
	Mess kit
	Coffee filter
	Biodegradable multipurpose soap
	Sponge, dish towel
	Chlorine tablet to treat water (optional)
	Utensils (knife, fork, pocketknife, spoon, cup, bowl, plate)
	Sleeping bag
	Small inflatable pillow (optional)
	First aid kit
	Matches and/or lighter
	Toilet paper
	Headlamp
	Advil/Tylenol
	Reusable drinking bottle
	Garbage bag to haul away your garbage
	Deck of cards - Candles (optional, but fun)
	Map of the territory