



Heli Canada Adventures
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Heli Hiking, Heli Mountaineering, Heli Picnics and Photography Clothing and Equipment List

Our guests are very welcome to bring their own hiking gear – technical fabrics suitable for hiking/climbing wear in the mountains (they wick moisture away from your skin, they dry quickly and they are warm and windproof), waterproof and breathable rain jacket and rain pants, good leather hiking boots with excellent ankle support and solid platform is best, light wool gloves and hat, 1-liter water bottle and a day pack. Laundry facilities are available to our guests.

We provide collapsible hiking poles, all the technical mountaineering gear, lunch bags and ear protection. **If you require us to provide technical hiking or mountaineering boots please let us know at the time of booking – very important as each person has different feet!**

What do I need to pack?

- Small Day Pack and a 1-liter water bottle
- Light leather hiking boots with excellent ankle support and a good platform
- Technical Mountaineering boots if you are mountaineering with us
- Gaiters to keep snow out
- Baseball or sun hat
- Sunglasses that are good quality: UV A and B rated
- Sunscreen 30 plus, insect repellent and Lip balm
- Camera, memory or film, spare batteries and charger for camera
- Blister Kit (Moleskin, Second Skin - an ounce of prevention is worth a pound of cure)
- Anorak- windproof water resistant
- Rain pants- windproof water resistant
- Warm compressible windproof layer such as a fleece jacket or vest
- Suitable technical hiking wear for all weather conditions: wicking layer close to the skin, a good shirt, warm light windproof fleece, long zip off pants for hiking (not jeans).
- Light wool hat and light wool gloves
- Two or three pairs of socks that are synthetic or wool – thick and thin pairs
- Indoor shoes or sandals, swim suit and comfy lodge wear

If we have missed a favorite item – please bring it along!

If you need a hand to procure anything, **please do let us know.**

For **Photography Seminars** please add:

- Multiple lenses, flash and tripod
- Waterproof pen and notepad

You should be prepared for changing light, weather and exposure on our adventures!