

Gear List



To help you travel and manage our volunteers, we ask you to bring only one luggage bag **below 20 kg.**

Mandatory Equipement :

- YOUR HEALTH INSURANCE CARD**
- Hiking boots**
- Hiking socks** (avoid cotton, wool or synthetic socks are better)
- Day pack (about 30 to 35 litres, no frame required)
- Hiking pole(s) (required: at least one retractable pole)
- Waterproof pants and jacket (preferably made of a breathable fabric like Gore-Tex)
- 1 whistle
- 1 head lamp with spare batteries
- 2 one-litre bottles or a 2-litre gourd (CamelBak-type)
- Warm clothing (including underwear of merino wool or synthetic material such as lycra, polyester, etc.)
- Your usual hiking clothes
- 1 down-filled or synthetic insulating coat
- 1 first-aid kit (acetaminophen, bandages for blisters, etc.) and sunscreen
- 1 plastic travel mug with carabiner to attach the mug to the outside of your back pack
- 1 small knife
- Paper tissues, toilet paper
- Ziploc-type plastic bags
- Your reusable lunch bag

Non-Mandatory Equipement :

- Gaiters
- Fleece or wool toque and gloves
- Hat or cap and sunglasses
- 6 to 7 metres of adhesive tape (*duct tape*)
- Snacks (in addition to the lunches we provide, depending of your appetite)
- 1 water purification or treatment kit, or water purification tablets (not mandatory)
- Bathing suit and towel

Gear you need for the evening:

- Comfortable evening wear
- Cash (for massotherapy, drinks at the bar, souvenirs, etc.)
- Ear plugs

For specific questions regarding the required gear, contact our logistic coordinator **Simon Tessier** (logistique@tdlg.qc.ca)

** For your greater comfort and to keep the risk of blistering to a minimum, we strongly recommend you wear your hiking boots often prior to the TDLG to “break them in”. We also suggest you wear a pair of thin socks under your hiking socks.