

# **Gros Morne**

## **September 23 – 28, 2018**



### Personal Gear List

- Personal grooming and toiletries\*
- Medications, both prescription and non prescription\*\*
- Sunscreen
- Good hiking shoes or boots
- Waterproof jacket and pants
- Warm layers
- Lots of socks
- Long underwear
- Sunglasses
- Swim suit\*\*\* (optional)
- Hat
- Additional clothing of your choice
- Head lamp flashlight, or any flashlight suitable for hiking in the dark
- Gloves, hat and scarf
- Passport and/or government issued photo ID
- Provincial health card (Canadian citizens only)
- Travel insurance documentation
- Trip cancellation insurance documentation

\*To help minimize your attractiveness to local insects, please consider bringing unscented soaps and toiletries.

\*\*Please pack these items in your carry-on luggage. In the event that your checked luggage is delayed, you may not be able to join the tour if replacement medication cannot be acquired before departure time.

\*\*\*Some trips include optional afternoon activities, like swimming or surfing, which would require a swimsuit.

\*\*\*\*Some trips include an overnight hiking and camp excursion, which will require you to carry all camera gear, tent, and sleeping gear in your backpack.

Please note, not all accommodations will have laundry facilities, please pack accordingly!