

## Camping and Hiking Essentials

### Hiking

- B.C. Care Card
- Hiking fee
- Water bottle
- Energy snacks
- Warm clothes and/or rain gear
- Sunscreen, sun hat and bug spray
- Backpack

### Camping

- See above plus:
- Camping fee
- Tent
- Sleeping bag
- Sleeping pad (foam or inflatable mat to go under sleeping bag)
- Pillow
- All meals and snacks (two lunches, breakfast, dinner)
- Camping stoves and dishes
- Personal items/toiletries
- Flashlight

Info/bookings: **604-688-6464**

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