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## SUGGESTED PACKING LIST FOR WORKSHOPS & ADVENTURES

This list covers the full range of seasons and types of workshops and adventures Helen offe rec

ers. For more intormation about these items, or the workshops/adventures they'i
ommended for, please visit: <u>www.helengrose.ca/getready</u>
Camera body
Lenses:
Wide angle lens for landscapes (traditionally 24mm or wider focal length) Telephoto lens for wildlife (traditionally 200mm or longer focal length)
Fully charged camera batteries & spare batteries
Battery charger
Empty (formatted in camera) memory cards
Tripod -legs, head, and plates
Wireless or cable shutter release/remote
Lens filters
Rain cover
Microfiber cloths
Camera bag(s)
Camera bag rain cover
Camera strap
Backcountry Adventures: dry bag
Camera manual(s)
Laptop computer
Storage device (external hard drive)
Computer cables
Memory card reader



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## SUGGESTED PERSONAL ITEMS

Layered, season-appropriate clothing
Proper footwear
Rain jacket / winter jacket / waterproof jacket & pants
One full set of spare clothes
Sunglasses
Sunscreen
Hat for sun
Hat for cold
Buff / multifunctional headwear
Gloves
Bug spray
Bug jacket / hat
Headlamp or flashlight
Hiking/trekking poles
Snowshoes
Crampons/ice cleats
Water bottle(s)
Travel mug/thermos
Snacks
Toilet paper
Hand sanitizer
Sealable plastic bag
Medications, glasses & other personal items
Towel
Windshield scraper