



HIKING ON BOWEN CHECKLIST

If you are planning a self-guided hiking trip to Bowen Island during the warm-season months, these are some recommended essentials to ensure a safe and enjoyable experience.

PRE-TRIP PLANNING

- Research route.
 - Check weather and daylight hours.
 - Check the ferry schedule.
 - Arrange transportation.
 - File a trip plan.
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WHAT TO BRING

Clothing and footwear

- Daypack for carrying items
- Proper hiking shoes or boots
- Weather-appropriate outdoor clothing (e.g. wicking base layers for warmer days, breathable waterproof jacket for rainy days, insulating layers for cooler days or evenings)
- Sun protection including hat and sunglasses
- Extra dry clothing (e.g. socks and base layers) for rainy weather

Essential safety items

- Headlamp or flashlight
- First aid kit
- Knife
- Map and Compass/GPS
- Water or other hydrating liquids
- Firestarter
- Nutrient-dense snacks or lunch
- Phone
- Sunscreen

Optional gear

- Hiking poles
- Camera and extra batteries
- Emergency blanket or bivy bag