

## Wilderness Project Gear List

**\*Denotes limited quantities available for rent from WP for a nominal fee. Please let us know ASAP if you need to rent something because we don't have enough for everyone.**

**Make sure you have every item on the required list when you come in August. Don't stress about your items as the leaders will go through your gear when you arrive to make sure everything is suitable.**

You will be well prepared for the trip if you bring the items on this list and nothing more. Remember that in August it will be very hot during the day, but could get chilly during the evening, especially if it rains. Use your best judgment when reviewing this list and think about what your particular needs are (i.e. are you always cold, or do you wear shorts even in winter) and adjust the list accordingly. And remember, we are here to answer any questions you have before the trip.

**Climbers, please see "modifications for climbers" at the bottom.**

### **REQUIRED GEAR:**

#### - Backpacking pack\*

This is an important piece of gear. You will be carrying your life (food, water, shelter, etc) on your back for 4 days. If it's not comfortable, you will not be happy. Get help fitting a pack at REI, EMS, or your local outdoors store. We will help you adjust your pack when you get to campus as well. You may use an external or internal frame pack as long as it has a padded hip belt and shoulder straps. External frame packs should be 3300-4300 cubic inches, and internal frame packs should be 4000-5000 cubic inches.

#### - Waterproof pack cover

You can purchase pack covers at outdoors stores, but if you don't want to spend money, an easy solution is to have a couple sturdy plastic garbage bags to put over your pack, and to put the stuff inside your pack into to keep it dry.

#### - Sleeping bag\*

Any summerweight bag will do, but it must be compressible and have a stuff sack.

Synthetic fillings are recommended because they keep you warm even when wet, but down will do as long as you take extra care to keep it dry. Line your stuff sack with a plastic garbage bag to ensure the bag stays dry. Do not use a bag with cotton filling or cotton lining as these absorb water and make you uncomfortable when wet. Your bag should have a nylon outer shell.

#### - Sleeping pad

A sleeping pad is important not just for comfort while sleeping on the ground, but because it provides a barrier that insulates you from the ground, which keeps you from getting cold at night. A cheap foam pad will work if you don't want to shell out money for the

Thermarest® style one.

- Hiking boots

It is essential that you have good-fitting **waterproof** boots (you can buy spray-on waterproofing) that you have ***worn in for a few weeks before the trip***. If your boots give you blisters, you won't be a happy camper.

- Bowl and Utensils

The bowl doesn't have to be fancy, but make sure it's durable so it doesn't break in your pack! Utensils are your call. Bring chopsticks if you want, but a lightweight fork, spoon, and knife would probably be best.

- 4 1L water bottles

Again you will want something durable, and wide mouth bottles are nice since they are easiest to fill, especially at streams. If you have a Camelback®, feel free to bring that as well.

- Headlamp or flashlight (extra batteries if needed)

- Sunglasses and a hat

Protect your eyes and face from the sun.

- 2 shirts

Short sleeve will be cooler, although some prefer long sleeves for extra protection from sun, plants, and insects. We recommend quick-dry materials as opposed to cotton. Cotton doesn't dry easily and will make you uncomfortable when wet.

- 2 Long pants

Again, quick drying materials are recommended, cotton (including jeans) is discouraged. Also, zip-off pants are great, but you probably won't want shorts as they expose your legs to ticks (this is key) and other insects in the brush as well as poison ivy.

- Sandals

Depending on conditions, and how high your boots go, you may want to use your sandals for crossing rivers. Your feet will also appreciate respite from your hiking boots at the campsites at night. Birkenstock's are not really appropriate here.

- 2-3 pairs hiking socks

Absolutely NO cotton. Cotton socks will hold sweat close to your skin and increases the likelihood of blisters and other complications. High quality Smartwool or other wool/synthetic socks are recommended. Synthetic liners that go under the socks are suggested as they provide an extra layer of protection between your feet and boots, minimizing the friction that causes blisters. **If you choose to wear liners, you can simply use synthetic dress socks to save money.**

- Underwear as needed

- Fleece Jacket or other warm layer

- Rain Jacket

- Rain pants can be nice too if you don't like wet bottoms, but are not essential. Poncho is an ok alternative.

- Extra gallon size plastic Ziplocks and/or garbage bags to keep things dry on the trail

- Bathing Suit

- Toiletries and feminine hygiene products

- Book or Journal

We may have some down time. Have something to keep yourself busy

- Glasses or contacts if you need them.

Don't forget contact solution.

- Chapstick/Lip balm (the kind that has sunscreen)
- Medications you need to take
- Change of clothes to leave at base camp for after the trip

**OPTIONAL ITEMS (some can be shared within your group):**

Small towel

Bug Spray

Sunscreen

Pocket Knife

Duct Tape

Here's a great trick: wrap some duct tape around your Nalgene or something similar so you always have it handy without carrying a big clunky roll

Toothpaste

Biodegradable Soap

Camera with batteries

Hand sanitizer

**MODIFICATIONS FOR CLIMBERS:**

Hiking boots are unnecessary for the short hikes you will be doing, so it is recommended that you bring some comfortable (old!) tennis shoes or sandals that can be walked in comfortably.

Bring any climbing gear you have (harness, helmet, chalk bag, shoes), and your leaders will go through it with you when you arrive to determine if it is safe and usable for the climbs you will be doing.

You also need a day pack for carrying stuff from your campsite to the climbs.

**LEAVE AT HOME:**

Ipod, diskman, and any other electronics that are more complex than your watch.

If you bring a cell phone, you will be asked to leave it on campus when we depart.

Makeup and scented products.

The wilderness doesn't care how you look, and neither do we. Scented products attract animals.

Alcohol and drugs

**OTHER GEAR THOUGHTS:**

**Q.** I have a Crazy Creek® style camping chair. Should I bring that for the trip?

**A.** That's a personal choice. They may seem light, but added to an already heavy pack it can seem like a ton. If you really want that extra comfort, you can bring it.

**Q.** Where's the best place to buy my gear?

**A.** If you have an REI or EMS nearby, the staff there can help you find what you need. Otherwise, check local outdoors stores or sporting goods stores.