

REQUIRED Backpacking (NON-SNOW) CAMPING EQUIPMENT LIST

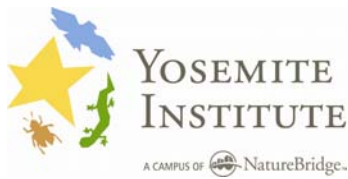
The items on this list are to be brought by each Overnight participant in addition to the items listed on the Field Science Gear List. Please follow this checklist closely when packing for your trip. Your safety and comfort depend on your being fully equipped.

CLOTHING

- ☐ **HIKING BOOTS** - Must be broken in and waterproofed. Should accommodate one pair wool socks and one pair lightweight socks or two pair wool socks.
- ☐ **RAIN JACKET AND PANTS** - Gore-tex or coated nylon. No plastic/vinyl.
- ☐ **WOOL OR PILE PANTS**
- ☐ **PILE JACKET OR WOOL SWEATER** - not too bulky.
- ☐ **THREE PAIR HEAVY WOOL SOCKS**
- ☐ **THREE PAIR LINER SOCKS**
- ☐ **UNDERWEAR AND T-SHIRTS**
- ☐ **SHORTS** - one pair
- ☐ **WOOL OR FLEECE CAP AND WOOL OR FLEECE MITTENS**
- ☐ **LIGHTWEIGHT HAT WITH BRIM** - to shade your face
- ☐ **SNEAKERS**
- ☐ **BANDANA**

PERSONAL GEAR

- ☐ **SLEEPING BAG & WATERPROOF STUFF SACK**- 2 lbs. down or 3 lbs. synthetic fill to 20°F.
- ☐ **GROUND CLOTH** - for under your sleeping pad.
- ☐ **SLEEPING PAD** - ensolite, Ridgerest or Thermarest types.
- ☐ **GARBAGE BAGS** - 3 for protecting pack and other gear from rain.
- ☐ **STRAPS** - 4 long straps for securing gear to pack (30" or longer).
- ☐ **BACKPACK** - capacity of 3,000 cu. inches or more (Large Capacity)
- ☐ **DARK GLASSES OR MOUNTAIN GOGGLES** - must screen ultraviolet light
- ☐ **LIGHTWEIGHT EATING GEAR** - cup, bowl, spoon.
- ☐ **TWO PLASTIC WATER BOTTLES** - one quart size, make sure that it doesn't leak.
- ☐ **MOSQUITO REPELLENT**
- ☐ **TOILET PAPER** - in a plastic bag; don't bring a whole roll.
- ☐ **FLASHLIGHT** - very small and lightweight; new batteries and a spare bulb.
- ☐ **WHISTLE** -for emergency use only!
- ☐ **CHAPSTICK & SUN SCREEN** (*at least SPF 15*)
- ☐ **OTHER TOILETRIES** - toothbrush/paste, personal medications (don't forget moleskin!)



OPTIONAL EQUIPMENT

- ☐ **JOURNAL AND PEN/PENCIL**
- ☐ **CAMERA**
- ☐ **BINOCULARS** - lightweight only.
- ☐ **FIELD GUIDES**
- ☐ **PAPERBACK BOOK**

DON'T FORGET TO LEAVE ROOM!

In addition to your own things, you will also be carrying 10 to 15 pounds of food and group equipment in your pack. Be sure to leave room (and a weight allowance). Your pack in the end will weigh 20 to 30 pounds, so the more you can do without, the lighter it will be!

A WORD ABOUT TOILETRIES

On your backpacking trip, everything with any sort of scent will have to be stored in a limited number of bearproof canisters that you will carry with you. This includes all food, toiletries, toothpaste, lip balm, sunscreen, lotion, etc. Space in these canisters is very limited and bears will readily go after any scented items not properly stored. Bears eating your toothpaste for dinner is not only bad for the bears, it is also a scary way for you to be awoken in the middle of the night! For this reason, students are restricted to only the toiletries on this list for the backpacking portion of the program. Soap, shampoo, deodorant and lotions can be retrieved from storage upon your return from the backcountry. Please help us minimize our contact with bears by not smuggling in excess toiletries and by bringing the smallest size possible.