



# *2011 Armstrong Scholars Program*

## EQUIPMENT LIST

### Required Clothing:

- Hiking boots (**MUST BE WELL BROKEN-IN**)
- Waterproof and hooded rain jacket and rain pants (Gore-Tex or coated nylon is best, cheap plastic ponchos are worthless, 'water resistant' is not sufficient)
- 1-set long underwear top and bottom (polypropylene, capilene, synthetic, wool... NOT cotton)
- 1 lightweight fleece, or wool long sleeve top
- Fleece jacket, thick wool sweater, or synthetic jacket (not a heavy parka; also see notes about down jacket in packing info)
- Fleece pants or quick dry warm pants
- 1 - 2 pair lightweight shorts, quick drying (used for wading), flat or seamless waist preferred (less apt to create blisters)
- 1 pair lightweight pants, flat or seamless waist preferred (loose fitting, quick drying pants-nylon or 50/50 or 60/40 polyester/cotton blend-**\*NO JEANS\***)
- 3-4 pair of thick **hiking** socks (wool, wool/polypro. blend, 'Thorlo' or Smart wool type)
- Camp shoes, one pair (Tevras, Crocs, or light weight sneakers)
- Sports Bra or supportive Bra
- Sun hat (baseball caps are O.K., but hats with a full brim offer better protection)
- 1-2 T-shirts for hiking
- 1 long sleeved shirt (non-cotton)
- 3-4 pair underwear
- 2 bandannas/handkerchiefs
- Wool or fleece beanie
- Gloves or mittens (lightweight and warm, not bulky ski gloves)
- Sleepwear and comfortable clothes for the Headlands Institute before and after your backpacking trip
- Duffle bag/ over night bag for Headlands clothes and extra gear you don't bring on the trail

### Required Personal Equipment:

- **Backpack**-Comfortable and capable of holding all your gear for an 8-day trip-we recommend a pack of 6,000 to 7,000 cubic inches-whether you purchase or rent, make sure you get professional help and walk with the pack with weight in it several times before your trip. Packs are available through Yosemite Institute, if you are unable to provide your own pack, PLEASE contact your instructors prior to the trip
- **\*\*Personal Medication (2 sets of each) and any ankle or knee brace that you currently use\*\***
- **Trekking poles or old ski poles a must if prone to ankle/or knee injury**
- Sleeping bag (rated 20 degree or lower, as light as possible) with stuff sack
- 1 large nylon stuff sack for clothing
- 3 large heavy duty trash bags, no cheap garbage bags because they rip (for lining and waterproofing your backpack, sleeping bag, and clothing stuff sack)
- 2 water bottles (1 liter each, wide mouth, leak-proof screw top, Nalgene® type work well. Gatorade bottles with screw tops are cheap, light and will also work for this trip.)

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- 1 bowl (light weight, durable, ideal with lid, no glass)
- 1 spoon or “spork”
- 1 Mug (lightweight, small plastic thermal mugs work great, ideal with lid, no glass)
- Sun-screen (SPF 30 minimum)
- Lip balm with sunscreen
- Dark sunglasses (UVA/B protection)
- Moleskin, pre-cut is best or “SecondSkin” (for blister prevention)
- Toiletries (toothbrush, toothpaste)
- Feminine hygiene products & baggies for packing it out (Think compact! We recommend applicator-less tampons (OB) or a Diva Cup. Make sure you practice & are comfortable using these products before the trip)
- Headlamp or **small** flashlight with extra batteries
- Journal and writing utensils (double zip-lock your journal!)
- 4-5 zip-lock bags of varying sizes
- 2-3 hair ties

#### **Optional Items:**

- 1 small brush or comb
- Mosquito net
- Camera and film
- Binoculars
- Camp towel (small and quick-drying)
- Gaiters
- Down top or vest
- Mosquito repellent (consider citronella or non-DEET products)

#### **A few more things to keep in mind:**

- Yosemite Institute has the following gear that you can borrow if needed: backpacks, long underwear, warm fleeces, sleeping pads, and raingear. Please let us know **ahead of time** what your needs are and we will try to find gear that fits you.
- Yosemite Institute provides the following items for this expedition: toilet paper, Dr. Bronner’s biodegradable soap, and all the first aid supplies you could ever want. During our expedition we will be sharing (as a group) 1-2 large sunscreen bottle(s) and 1 large tube of toothpaste.
- Please, for bear safety and weight concerns **do not** bring the following items for the backpacking expedition: deodorant, soap, shampoo, conditioner, books, magazines, first aid kit, mouthwash, mirrors, tissues, toilet paper, baby wipes, snacks, hair products, cosmetics, lotions, money, games, toys, stuffed zebras or other animals, jewelry, cell phones, radios, CD players, iPods, electronics, candy, and pillows. For safety, your instructors will be carrying 2 radios with extra batteries, a satellite phone, and an extensive first aid kit with extra supplies. Cell phones are not a dependable emergency device for the location we will be in Yosemite National Park.
- When you arrive at the Headlands Institute to prepare for our backpacking trip, you will want to have two bags. One is your backpack and the other is a duffel bag with a change of clothes for when you come back! In the duffel you’ll also want bath towel/washcloth, shampoo, deodorant, PJs, a pillow, book, etc. You will appreciate these items after two weeks of backpacking. Your duffel will be stored in a safe place for the duration of the expedition.