

REQUIRED BACKPACKING (NON-SNOW) EQUIPMENT LIST

The items on this list are to be brought by each 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.
- Rain jacket and pants - Gore-tex or coated nylon. No plastic or vinyl.
- Pile jacket or wool sweater - not too bulky.
- Three pair wool or synthetic socks
- Underwear – bring the minimum you need
- Long underwear – silk, wool, or synthetic top and bottom
- T-shirts – one for hiking; one for in camp
- Shorts - one pair (could be zip-off shorts from hiking pants)
- Pants – one pair quick drying hiking pants
- Wool or fleece hat
- Wool or fleece mittens or gloves
- Lightweight hat with brim - to shade your face
- Sneakers – to wear in camp
- Bandana

Personal Gear

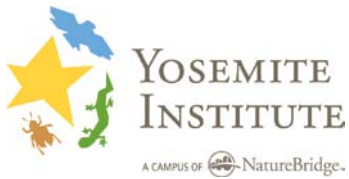
- Backpack - capacity of at least 3,000 cubic inches, internal frame packs preferred
- Sleeping bag and stuff sack – should be rated to at least 20 degrees F.
- Sleeping pad - Ensolite, Ridgerest or Thermarest types.
- Garbage bags - 3 for protecting pack and other gear from rain.
- Dark glasses or mountain goggles - must screen ultraviolet light
- Lightweight eating gear - cup, bowl, spoon.
- Two water bottles – quart-sized.
- Flashlight or headlamp, spare batteries and bulb - small and lightweight.
- Chapstick and sunscreen – at least SPF 15.
- Other toiletries – toothbrush, toothpaste, personal medications
- Journal and pen/pencil

Optional Gear

- Wool or pile pants
- Liner socks
- Straps - 4 straps for securing gear to pack
- Paperback book
- Camera

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 bear-proof 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. 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.