

## Tentative Equipment List

(Backpacking, Canoeing, Climbing)

- \_\_\_ 1 pair of sturdy hiking boots (please come with your boots already broken in. Waterproof boots prior to trip) I will be glad to check these in advance for suitability.
- \_\_\_ 1 pair of lightweight camp shoes (tennis shoes recommended and certain types of sandals)
- \_\_\_ 1 pair of river shoes for canoeing portion of trip. Old tennis shoes or Teva type sandals acceptable
- \_\_\_ 3 pair of socks (no cotton, wool or synthetic,)
- \_\_\_ 3 pair of liner socks (polypropylene, Thermax liners, silk or any synthetic)
- \_\_\_ 1 pair of (light weight) long pants (**no jeans**) (loose-fitting, nylon wind pants highly recommended)
- \_\_\_ 1 or 2 pair of shorts (shorts with underwear layer attached recommended and something quick drying)
- \_\_\_ 3 pair underwear (we will wash during trip avoid all cotton if possible)
- \_\_\_ 2 pair long johns (polypropylene or Capilene, top and bottom)
- \_\_\_ 1 or 2 short-sleeve shirts (T-shirt okay)
- \_\_\_ 1 lightweight long-sleeve shirt (try to avoid cotton)
- \_\_\_ 1 fleece jacket and pants (light weight)
- \_\_\_ 1 light weight wool shirt or sweater
- \_\_\_ 1 rain suit (Gore-Tex fabric recommended, no ponchos, *must* have coat and pants)
- \_\_\_ 1 wool or synthetic (stocking type) hat
- \_\_\_ Pair of lightweight synthetic gloves
- \_\_\_ 3 bandanas
- \_\_\_ Personal hygiene items (body/hand soap, tooth brush & paste, comb, tampons)
- \_\_\_ Headlamp with extra batteries and bulb
- \_\_\_ 1 notebook for recording journal entries and taking notes (something compact, plenty of pages, store in plastic bags)
- \_\_\_ 2 pens and 1 pencil
- \_\_\_ Backpack (large capacity, 5,000 to 6,500 cubic inches)
- \_\_\_ Sleeping pad (Need something that is water proof and that insulates)
- \_\_\_ 1 stainless steel spoon
- \_\_\_ 1 bowl (metal or plastic, medium size)
- \_\_\_ 1 mug (metal or insulated, 12-16 ounces)
- \_\_\_ Sleeping bag (must have at least 30 degree rating and must be mummy bag, lightweight made of synthetic material)
- \_\_\_ 2 water bottles with secure lids (1 quart or 1 liter in size)
- \_\_\_ 2 large garbage sacks or pack cover (contractor bags work well)
- \_\_\_ Personal medication (must bring extra)
- \_\_\_ Headlamp with extra bulb and batteries
- \_\_\_ Bug repellent
- \_\_\_ Sunscreen and lip protection

(see reverse side)

## Optional Items

Extra plastic bags  
Small personal first-aid kit  
Pocket knife with can opener  
1 whistle with string  
Bivy Sack  
Climbing Shoes  
Climbing Harness  
Personal life jacket (must be approved by instructor)  
Hat for sun protection

Camera with case  
Baby wipes  
Bug head net  
Sunglasses (UV protection)  
Wildflower and tree ID book  
Camp Chair (highly recommended)  
Large nylon sack to carry food

### Notes:

- For personal medications: Students that have known allergies and carry medication, must bring a backup supply. For example, one Epi Pen is not enough. The same applies to inhalers.
- Some backpacks and sleeping pads are available for use through the RCPT department.