

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	Camera with case
Small personal first-aid kit	Baby wipes
Pocket knife with can opener	Bug head net
1 whistle with string	Sunglasses (UV protection)
Bivy Sack	Wildflower and tree ID book
Climbing Shoes	Camp Chair (highly recommended)
Climbing Harness	Large nylon sack to carry food
Personal life jacket (must be approved by instructor)	
Hat for sun protection	

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.