

## PERSONAL EQUIPMENT LIST

Work & Adventure 2009!!

While you have already received a basic packing list for being at The Mountain for camp, it is essential to pack specific clothing for your backpacking experience. The following list provides you with information on the clothing and supplies that you will need while on the trail. **Please note – you will need to split the amount of clothing that you are bringing from the list provided with the Confirmation packet in order to accommodate the additional clothing that you will be bringing for your week out on the trail!**

**Those items in brackets [ ] are optional items. The Mountain can loan you those items that are marked with an asterisk (\*).**

**Footwear** – Having comfortable footwear that fits and protects is vital to your enjoyment in the outdoors. Go to an outdoor store and take your time trying on different boots and socks to find ones that fit well.

- Hiking Socks, wool or synthetic (3) – Examples include Thorlo, Smartwool and Wigwam
- Hiking Boots – Must have ankle support, be well broken in, and water sealed. When trying on boots, look for a boot that fits your foot without pressure points or slippage, especially in the heel. Break in your boots by wearing daily for several weeks before W&A.
- River shoes (must be secure on feet – no flip flops). Examples of good water shoes include: an old pair of running shoes, Texas, or Chacos.

**Clothing** – The right clothing will make all the difference. Try not to only have clothing that is made with cotton (which gets wet and takes a long time to dry). While this clothing will work for On-Mountain activities, you should have a supply of non-cotton for the trail. Silk, wool or synthetics work well for the trail. For your waterproof top, you do not need to buy expensive Gore-Tex

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|---|--|
| <input type="checkbox"/> Hat, wool or synthetic                   | <input type="checkbox"/> Nylon windbreaker                           |
| <input type="checkbox"/> Hat, baseball or sun                     | <input type="checkbox"/> Breathable, Waterproof top <b>Important</b> |
| <input type="checkbox"/> Bandana                                  | <input type="checkbox"/> Polypropylene bottom, lightweight           |
| <input type="checkbox"/> Polypropylene top, lightweight (2)       | <input type="checkbox"/> Rain or wind pants                          |
| <input type="checkbox"/> Fleece top or a non bulky wool sweater   | <input type="checkbox"/> Nylon shorts or swimsuit                    |
| <input type="checkbox"/> [Vest (fleece, down, or synthetic down)] | <input type="checkbox"/> T-shirts – Cotton (1 or 2)                  |

**Backpacking** – Get a good backpack. You will be glad you did when you are carrying it. You can get an **internal** (minimum of 3500 cubic inches) or **external** (minimum of 5000 cubic inches) frame backpack. A reputable outdoor store, like REI, will help you find a good pack that fits you well. Make sure that you have tied on the bag before spending the money!! Mail order won't work unless you have been measured properly. The Mountain has a limited number of packs available to loan out – Please call Gillian to reserve one.

- Backpack \*
- Sleeping bag – Ideal bags are synthetic filled, such as Polarguard and are rated to 40 degrees or colder. You do have the option of going to a store that sells outdoor equipment (like a Wal-mart or Target) and buying a light sleeping bag and a separate fleece liner.
- Sleeping pad \* – Closed cell foam or Thermarest type
- Water Bottle (2)\* – At least 1-liter volume size, great example is a Nalgene
- Headlamp or Flashlight – Examples include Petzl, Princeton Tec and Black Diamond, or the trusty Maglight (AA size)
- Extra Batteries and bulbs for Headlamp or Flashlight
- Whistle

## **Eating**

- Bowl\*– A Tupperware type bowl (with lid) that you can put your spoon in works wonders
- Spoon\*
- Fork\*
- Cup or mug\*
- Small & Light Camp/Backpacking stove\*

## **Toiletries**

- Toothbrush and toothpaste
- Toilet paper
- Personal First Aid Kit (Band-Aids, Moleskin, etc.)
- Sun Block (SPF 30+)
- Ultra-light, fast drying personal towel
- Lip balm with sun block
- Feminine products
- Hand sanitizers – Purell
- [Hand lotion]

## **Other**

- Garbage bags, large and small\*
- Ziploc bags for keeping small things dry
- Comfortable clothes (to leave in van until end of trip)
- [Camera, film (highly recommended)]
- [stuff sacks]
- Logbook/ journal, pencil
- [Extra glasses/ contacts]

**Work Week Clothing and Equipment** – These are basic pieces of clothing that are listed on your general packing list in the confirmation packet, but we just wanted to emphasize the importance of having the following specific items!!

- Big towel
- Work pants or jeans (2)
- Sneakers
- Fleece pants or sweatpants
- Shorts (2)
- Fleece jacket or sweatshirt
- T-shirt (5 or so)

Do not bring any electronic items like radios or cell phones or real or toy weapons. Watches will generally be left behind at The Mountain when you are out on the trail.

It would be wise to attempt to pack all of your backpacking equipment in your pack before arriving (unless you are borrowing a pack from The Mountain). You will practice packing as a group before your trip, but being familiar with how your load packs is always helpful! If you will not be bringing your own pack, please bring all of your belongings in duffel bags instead of suitcases and trunks (it's easier for transporting to the pavilion that you will be staying in!

In order to track what you have and what you will need to borrow from The Mountain, print out this sheet, cross off what you have, and come to camp with list in hand!!

Remember - we are not expecting the youth to come to the program with top of the line backpacking equipment! There are lots of providers out there that make budget conscious equipment that is equal in usefulness!! If you are having trouble finding anything on this equipment list, please call Brian at 828-526-5838 x253!!

**See you soon!!**

**MOUNTAINCAMP STAFF**