



BACKCOUNTRY EQUIPMENT LIST

Please contact your student's advisor with any questions about gear.

Students are **required to complete an equipment check** before arriving at school. This procedure may be repeated at school with the leaders of the trip. Different length trips will require different amounts of the specified items.

Clothing: NO COTTON!

- 3x Wool or synthetic socks
- 3x Underwear (not baggy, not cotton)
- 1x wool or synthetic long underwear (top)
- 1x Wool or synthetic pants
- 2x wool or synthetic T shirts
- 1x wool or synthetic long sleeve T shirt
- Bandana or gaiter
- Raincoat & rain pants (breathable, not plastic, no ponchos)

Personal Items: (Bring only amounts you'll need for the trip)

- Toothbrush & toothpaste
- Contact lens solution (small bottles only!)
- Tampons/pads
- Sunglasses & sunscreen

Camping Gear:

- 30 degree or lower rated sleeping bag (**NO COTTON**)
- Closed-cell foam or inflatable sleeping pad
- Backpack (internal frame, 50+ liter capacity)
- 3' x 6' ground-sheet (Tyvek works best)
- Headlamp (+extra batteries)
- Sturdy hiking boots or trail runners (broken in at least one week in advance)
- (2) liter size Nalgene/water bottles
- 2 + large plastic garbage bags (.9 mm thick)
- Tupperware and backpacking spoon

School Will Provide:

- Whistle
- Tarps/tents/stoves/fuel
- First-aid kits
- Pots/pans/cooking utensils/water treatment
- Maps & compass

DO NOT BRING:

- Tobacco, alcohol, or non-prescription drugs
- Cotton clothing, except bandanas
- Junk food (candy, gum, soft drinks, etc.)
- Weapons
- Phones, music players, electronic games, etc.
- Expensive or fragile equipment
- Makeup, deodorant, perfume or jewelry
- Soap (including "biodegradable")