

Personal Equipment List

As you probably know it is not necessary to purchase a lot of high-tech gear to be safe and comfortable in the back country. Wool or synthetic shirts, sweaters and pants which you already own or which can be bought inexpensively from thrift or army surplus stores are perfectly acceptable.

UPPER-BODY CLOTHING

RECOMMENDED 2-3 INSULATED LAYERS FOR THE UPPER BODY. These garments should fit over each other so they can all be comfortably worn at once. Since fabrics containing cotton absorb and retain water, they don't have much insulation value. Many synthetics and wool wick moisture away from the body and provide insulation when damp; Combinations of the following generally work well:

UNDERWEAR TOPS: Long sleeve, light or medium weight polypropylene Capilene™ Synchron™, Thermax™, silk, wool or wool/synthetic blends are good; No cotton or Duofold™

PILE JACKET OR SWEATER: Nylon or polyester pile, polypropylene, Synchron, Capilene™, or Thermax™ garments are all acceptable. (Recommended: medium or heavy)

SWEATERS: Should be at least 75% wool.

WOOL SHIRTS: Should be at least 75% wool. A lightweight wool shirt can make a good layer to wear under a sweater. A heavy weight wool shirt (such as the Boy Scout shirt-jacket) can make a good outer layer.

VEST: A synthetic-filled, nylon, or pile vest makes a versatile third layer. Vests provide greatest warmth when fitted under another insulating layer.

UPPER-BODY CLOTHING, NON-INSULATED

WIND SHIRT: A nylon shell (not waterproof) for upper body. It should fit comfortably over an insulated layer.

COTTON SHIRT: Consider bringing a long-sleeved, light weight cotton shirt or a t-shirt to wear during warm weather.

RAIN PARKA: A parka or poncho that's waterproof, lightweight and roomy is recommended.

LOWER-BODY CLOTHING

Bring 1-2 insulated layers, for your lower body/legs. Consider bringing pile pants if you chill easily.

LOWER-BODY CLOTHING, NON-INSULATING

WIND PANTS: Nylon (not waterproof) pants should fit comfortably over your lower body layers. Pants can also be made of Gortex™, Klimate™, or Entrant™ fabrics.

HIKING SHORTS: Made of light weight nylon or cotton.

COTTON PANTS: Pants should be rugged, lightweight, and comfortable/roomy. No Jeans. Cotton pants protect you from the sun, thorns, and bugs and are light enough to be cool.

FOOTWEAR

HIKING BOOTS: Well broken in; with good ankle support.

CAMP SHOES: Light weight sneakers, sandals or moccasins for wearing around campsite.

SOCKS: At least 2 pair of thick, and one pair of thin. Ragg wool, polypropylene, polypropylene/wool blends are best for the thick pair., Nylon, polypro, and silk are best for the thin pair. When hiking a thin pair, should be worn, inside a thick pair.

GAITERS: Optional, but **strongly** recommended. These are leggings worn over the top of boots to prevent dirt and sand from getting to your boots; causing discomfort and blisters.

SLEEPING GEAR

SLEEPING BAG: Synthetic-filled sleep bags (Dacron™, Polarguard™, Hollofil™, Quallofil™), rated to 20 or 30 degrees is highly recommended.

SLEEPING PAD: Should be closed-cell pad, at least ~8 "thick," or an inflatable pad such as a "Therm-A-Rest" is fine. You should bring a repair kit if you bring a Therm-A-Rest.

MISCELLANEOUS ITEMS

SHOVEL: Small camp shovel, trowel for digging cat hole. A least one per group.

Cook Stoves and Fuel:

BULK WATER CONTAINER:

SMALL STRAINER OR FIBERGLASS SCREEN: For removing food scraps from wash water.

WATER FILTER:

BEAR BAG OR REAR RESISTANT CANISTER: Needed if you are going to be in bear country.