

## Fall Trips Equipment List

\*All of these items are REQUIRED!!!

√?	Qty.	Item	Description
—	1	Backpack (rental fee = \$40)	Should be a backpack of at least 4000 cubic inches with a well padded hip belt.
—	1	sleeping bag & stuff sack (rental fee \$40)	Light weight mummy-style bag (0-20° F rating is good), filled with synthetic or down material (big, bulky cotton bags are NOT good)
—	1	sleeping pad (rental fee \$20)	Keeps you warm and comfortable when sleeping on cold, hard ground. Ridgerest & Therm-a-rest® are good brands.
—	1 pair	Hiking boots ( <b>best to show up wearing them</b> )	Should be a medium weight leather boot made for hiking. Make sure they are well broken in before the trip ( <b>this will make a big difference!</b> ).
—	2-3 pairs	Hiking socks	Wool /poly (synthetic) blend (Smartwool, etc)
—	1	long underwear tops	Light to medium weight synthetic material like capilene or polypropylene ( <b>NO COTTON!</b> )
—	1	long underwear bottoms	Light to medium weight synthetic material like capilene or polypropylene ( <b>NO COTTON!</b> )
—	1	fleece jacket	Medium to heavy weight fleece jacket ( <b>NO COTTON SWEATSHIRTS!!</b> ).
—	1	rain jacket with a hood	Should be made from a coated nylon material. <b>Must be waterproof and breathable.</b>
—	1	rain pants	Should be made from a coated nylon material also. Side zippers on the sides of the legs are nice.
—	1	wool or fleece cap	For cold conditions and for staying warm while sleeping.
—	1	fleece pants	These are nice to wear around camp at night and when the weather becomes cold
—	1	wool/fleece gloves	For cold conditions and possibly snow.
—	2	water bottle	Should be a sturdy wide mouthed bottle, best with a capacity of 1 litre. <b>NO canteens</b>
—	1	eating gear	Should have a bowl, mug (12-20 oz.) and spoon. ( <b>That is it</b> )
—	1	lip balm	Should be SPF 15
—	1-2	Bandanas	Many uses! (Handkerchief, sweat band, washcloth, etc.)
—	1	Headlamp with batteries	Headlamps are the most handy in camp at night or early days on the trail

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√?	Qty.	Item	Description
___	1 pair	Camp Shoes	For wearing around the campsite (Tevaz or Crocs work Best- NO FLIP FLOPS!)
___	1	Shorts	Quick dry, nylon material
___	1	Pants	Better if quick drying, nylon material (Zip Off Convertible Pants are GREAT!)
___	3	Underwear	Bring what you think you need, but try to go light!
___	1	T-Shirt	Synthetic is best! It will keep you cool and dry!
___	1	Sun hat	Baseball caps are OK, but hats with full brims are better
___	1	Sunglasses ( <b>important</b> )	Should have good UV protection (we go high)
___	1	Toothpaste & toothbrush	Bring a very small tube of toothpaste
___	1	<b>Extra eyeglasses or contact lens supplies</b>	Please bring a very small bottle of contact lens solution if you wear contacts.

**OPTIONAL: Not necessary, but nice to have.**

- \_\_\_ Book (small)
- \_\_\_ Personal journal or notebook with pens and/or pencils.
- \_\_\_ Camera

**DO NOT BRING** (These items will not be permitted on the backpacking trip)

- X** personal electronic items - walkmans, Discmans, video games, radios, etc.
- X** firearms or fireworks
- X** machetes, swords, throwing stars or other large sharp weapons
- X** makeup or elaborate jewelry