



## **Fall Trip Equipment List**

### **Sawtooth, White Cloud and Salmon River Mountains**

**Grades: 7-12**

**Trip Dates: Wed August 31 – Friday September 2**

#### **Clothing – AVOID COTTON!!!!**

- \_\_\_ **Wicking long underwear** (top and bottom - capeline, polypropylene, etc.)
- \_\_\_ **Upper body insulating layers** (2 fleece or wool layers)
- \_\_\_ **Lower body insulating layer** (fleece or wool)
- \_\_\_ **Synthetic or wool socks** (3 pairs...NO COTTON SOCKS!!)
- \_\_\_ **Underwear** (this is the layer closest to your skin...if it's cotton and it gets wet, your fancy fleece and shells are useless)
- \_\_\_ **Tee shirts** (2 - there are great synthetic and wool tee shirts out there – avoid cotton!)
- \_\_\_ **Long pants** (1 pair – avoid cotton)
- \_\_\_ **Shorts** (1 pair – quick drying fabrics are best)
- \_\_\_ **Swim suit**
- \_\_\_ **Warm jacket** (synthetic or down)
- \_\_\_ **Rain jacket** (Raincoats should be **waterproof**, have a hood, and, if possible, be breathable.)
- \_\_\_ **Warm hat** (fleece or knit)
- \_\_\_ **Gloves and/or mittens** (these should shed moisture)
- \_\_\_ **Brimmed hat** (a great complement to sunscreen!)
- \_\_\_ **Hiking boots** or high-topped tennis shoes (Boots provide ankle stability on rough terrain and make it easier to carry the weight of a loaded backpack. Footwear should be broken-in prior to the trip so that blisters are not an issue.)
- \_\_\_ **Camp shoes** (sandals and tennis shoes are ok)

#### **Equipment –**

- \_\_\_ **Sleeping bag** (“Mummy style” bags work best. Bags should be rated to 20-30 degrees Fahrenheit. Down bags are the warmest and compress to a small size but lose their insulation properties if they get wet. Synthetic bags stay warmer if they get wet but don't compress to as small of a size. Large synthetic or cotton sleeping bags are not acceptable.)
- \_\_\_ **Sleeping pad** (a variety of 1-inch, inflatable or foam pads will work)
- \_\_\_ **At least 2, 1-liter bottles** (Hydration is essential on hiking trips!)
- \_\_\_ **Backpacking pack** (Internal or External frame packs are fine. Packs should generally have a capacity of at least 3,500 cubic inches or 60 liters)
- \_\_\_ **Headlamp** with extra batteries

#### **Personal Gear –**

- |                           |                                   |
|---------------------------|-----------------------------------|
| ___ <b>Cup</b>            | ___ <b>Toothbrush</b>             |
| ___ <b>Bowl</b>           | ___ <b>Sunscreen and lip balm</b> |
| ___ <b>Fork and spoon</b> | ___ <b>Sunglasses</b>             |

(over)

### Optional –

- \_\_\_ Hiking poles
- \_\_\_ Packable fishing rod (with flies/lures and a license!)
- \_\_\_ Camera
- \_\_\_ Binoculars
- \_\_\_ Field guides (birds, insects, mushrooms etc.)
- \_\_\_ Book

**If you own one** – Check with Ben Brock before you bring any of these items on your trip.

- \_\_\_ **Tent** (Needs approval by Ben Brock. 2-4 person tents are best. These should be lightweight, backpacking tents. Large, car-camping style tents are not acceptable.)
- \_\_\_ **Water pump** (Needs approval by Ben Brock. MSR, Katadyn, First Need brands are best)
- \_\_\_ **Camping stove** (Needs approval by Ben Brock. A variety of white gas or canister fuel stoves can work.)

### Odds and Ends –

Leave iPods/MP3 players at home! Talk with your friends and listen to the wind in the trees!

### Important!

A major component of the Riverstone Outdoor Program curriculum is educating students about how to dress properly. **AVOID COTTON!!** When it gets wet, **cotton is a very poor insulator** and can significantly accelerate the onset of hypothermia. **Fancy shells, windproof fleece, and down jackets are essentially useless if a student is wearing a cotton tee shirt against his/her skin.** Wicking layers (those that remove moisture that is sweated by the body) are the most important components of staying warm in the winter!

### A Note on Weather:

Snowstorms (that's right, **snowstorms**) are not out of the question in September in the Sawtooth and White Cloud Mountains (talk to anyone on last year's trips...) With the right equipment, however, they are not an issue. **With a backpack full of cotton clothing (like tee shirts, jeans and cotton sweatshirts), they can be a serious problem.**

**For more information, check out this highly suggested and entertaining read:**

***Allen and Mike's Really Cool Backpackin' Book; Traveling & camping skills for a wilderness environment!***

(Written by Allen O'Bannon and illustrated by Mike Clelland, Falcon Publishing, 2001)