



## Grade 6 Fall Campout Equipment List

Trip Dates: Wed - Fri, September 9, 10 & 11

### Clothing -

- Socks** (2-3 pairs)
- Sturdy footwear** (Footwear should be broken-in prior to the trip so that blisters are not an issue.)
- Underwear**
- Tee shirts** (2-3, cotton is okay but there are great synthetic tee shirts out there!)
- Long pants** (1 pair)
- Shorts** (1 pair – quick drying fabrics are best)
- Swim suit**
- Warm sweater** (wool or fleece)
- Warm jacket** (ski jacket or down jacket)
- Rain jacket** (Winter jackets will generally not suffice as a raincoat because they are not always completely waterproof.  
Raincoats should be **waterproof**, have a hood, and, if possible, be breathable.)
- Warm hat** (fleece or knit)
- Gloves or mittens** (1 pair)
- Brimmed hat** (a great complement to sunscreen!)

### Equipment –

- Sleeping bag** (For future backpacking trips, “mummy style” bags will work best. Contact Ben Brock with questions about purchasing a sleeping bag. 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.)
- Sleeping pad** (A variety of 1-inch, inflatable or foam pads will work. Students will be sleeping on the ground.)
- Small Duffle bag** (For clothes and bedding.)
- Day pack** (Most school packs are fine as daypacks.)
- Water bottle**

### Personal Gear –

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|--|--|
| <input type="checkbox"/> <b>Cup</b>            | <input type="checkbox"/> <b>Toothbrush</b>             |
| <input type="checkbox"/> <b>Bowl</b>           | <input type="checkbox"/> <b>Sunscreen and lip balm</b> |
| <input type="checkbox"/> <b>Fork and spoon</b> | <input type="checkbox"/> <b>Sunglasses</b>             |

### Optional –

- Camera**
- Binoculars**
- Field guides** (birds, insects, mushrooms etc.)
- Journal**
- Pen or pencil**

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

- Tent** (Needs approval by Ben Brock.)

### Don't Forget

- To pack a lunch for Wednesday

### Miscellaneous

\*\*Leave iPods/MP3 Players at home.

### **Important!**

A major component of the Riverstone Outdoor Program curriculum is educating students about how to dress properly for the outdoors. 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 August and September in the Idaho highcountry. With the right equipment they are not an issue. **With a pack full of cotton clothing (like tee shirts, jeans and cotton sweatshirts), they can be a serious problem.**