



## **Fall Trip Equipment List**

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

#### **Grades 7-12**

**Trip Dates: Wed – Fri, September 9, 10 & 11**

#### **Clothing – AVOID COTTON!!!!**

- \_\_\_ **Wicking long underwear** (top and bottom - capeline, polypropylene, etc.)
- \_\_\_ **Upper body insulating layers** (2 fleece or wool layers)
- \_\_\_ **Synthetic or wool socks** (3 pairs - SmartWool, Wigwam, Thorlo or similar brands work best)
- \_\_\_ **Underwear**
- \_\_\_ **Tee shirts** (2 - there are great synthetic tee shirts out there – avoid cotton!)
- \_\_\_ **Long pants** (1 pair – avoid cotton)
- \_\_\_ **Shorts** (1 pair – quick drying fabrics are best)
- \_\_\_ **Swim suit**
- \_\_\_ **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 and/or mittens** (these should shed snow and 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.)
- \_\_\_ **Flashlight or headlamp** with extra batteries

#### **Personal Gear –**

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

### Optional –

- \_\_\_\_\_ Packable fishing rod (with 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!

### 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. With the right equipment 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)