

PERSONAL EQUIPMENT LIST FOR:

✓ Expeditionary Backpacking

The following is a list of all clothing and personal equipment needed to have a fun, safe and. Because weather is unpredictable, there is no guarantee that all of the equipment will be used. However, having the proper equipment is very important.

In-camp clothing: You will spend 4-5 days at Camp before hitting the Trail. During this time, you will be indoors, outdoors and definitely getting dirty. Bring some old comfortable clothes that are stored at Camp while you are on trail.

This list is designed to be followed closely. Bringing more than what is suggested results in heavier packs which are much more difficult to pack and carry.

MISCELLANEOUS TIPS:

I.D./Passport:

Photo I.D. You must have proper I.D. for domestic air travel.

Toiletries:

A toothbrush and toothpaste is really about all that you need for the trip.

Bring small amounts of soap, shampoo, etc. for your short stay in camp.

Journal:

Bring along a pencil and a small notebook to write in.

Fishing:

More information to come.

Trekking Poles:

A pair of aluminum adjustable poles with rubber or cork grips are very useful while hiking. They reduce knee and ankle fatigue, give support during river crossings, and more traction on slippery slopes.

Glasses:

If you wear glasses, try to bring an extra pair. Sunglasses are a must. Many people find that they can wear their contacts on the trail but it can be hard to keep them clean and you should have a second pair, or some glasses.

***** ALL clothing and bags should be clearly marked with the Outpost camper's name and trip on the outside. Luggage and in-camp clothing will be stored at camp while the trip is out on the trail.**

The Basics

Layering: Layering means wearing numerous items of thinner clothing rather than one heavy item. Layering traps more air, keeping you warmer. Layering also allows you to adapt your clothing to the variety of weather conditions you may experience. Start with thinner, tighter layers near the skin, and move to heavier, looser layers away from the body. Top it off with a windbreaker and/or wind pants or rain suit and you have an excellent clothing system.

Fabrics: A great number of fabrics are used in outdoor clothing, often with different names for the same thing. Some simple rules: (1) Avoid cotton (2) Purchase wool and fleece/synthetic clothing - these fabrics do not hold as much water, and don't lose insulating value when wet. Avoid blue jeans; when buying pants look for blended synthetics. Synthetic clothing is perfect for a variety of conditions.

Boots: Boots are vital to the backpacker – they must be good quality, fit well, and be appropriate for your trip. **BE SURE TO BREAK THEM IN WELL.** *All-leather heavy weight boots* with stiff midsole, upper and shank with a high ankle or above ankle cut are durable, comfortable, and provide necessary protection/support. Inferior boots do not survive 40 days in the Brooks Range. Consider new boots if your boots from last year are showing much wear.

Rain Gear: *A full suit of jacket and pants is a must.* Ponchos and vinyl rainsuits are not acceptable. Good quality raingear can make the difference between a great or a miserable trip. Raingear can cost as much as \$170 to \$300 for a good suit. The ability of raingear to breathe is questionable – and unnecessary for our purposes.

Sleeping Bags/Pads: Synthetic bags are recommended for their insulating value even when wet. Look for a bag rated to 0-15 degrees. Look for a bag that packs small. For sleeping pads look for:
(1) Closed cell foam pads, 3/8" thick and 3/4 to the full length of your body. OR
(2) Therm-a-rest self-inflating air mattresses – fairly expensive but very compact and highly recommended

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Backpack

- _____ internal frame backpack (optional)
(6000-7000 cubic inch capacity)
- _____ 1 waterproof pack cover to fit your pack (optional)
- _____ 2 nylon stuff sacks for clothing

Footwear

- _____ 1 pair hiking boots (**sturdy all leather backpacking or mountaineering boots with a full shank**)
- _____ 1 pair camp shoes—comfortable walking shoes are great (no open toe shoes or sandals)
- _____ 2 pair nylon liner socks
- _____ 2-3 pair wool, merino or synthetic socks
(number and weight of sock is dependant on boot fit and personal preference)
- _____ 1 pair of neoprene socks
- _____ 1 pair hiking gaiters (mid-calf height)

Upper Body Clothing

- _____ 1 lightweight synthetic/merino base layer top
 - _____ 1 midweight synthetic /merino top
 - _____ 1 outer layer top (fleece jacket)
 - _____ 1 Rain Jacket/parka, with hood. (Vinye or rubberized coats are not acceptable for this trip)
- ** You must be able to layer and wear all above items at one time
- _____ 1 cotton/merino t-shirts
 - _____ Down/Synthetic Down Jacket – compact and warm

Lower Body Clothing

- _____ 1 lightweight synthetic/merino base layer bottom
 - _____ 1 midweight synthetic/merino bottom
 - _____ 1 fleece pants
 - _____ 1 rain pants (side leg zippers suggested)
- ** You must be able to layer and wear all above items at one time
- _____ swimsuit
 - _____ Lightweight nylon wind pants that can be worn over all layers and worn while cooking
 - _____ 2 pair underwear

Hands and Head

- _____ 1 wool/fleece hat
- _____ 1 baseball cap or hat with brim
- _____ 1 Head Net, black no-see-um netting
- _____ 1 balaclava/neck gaiter
- _____ 1 pair light wool or synthetic gloves
- _____ 1 pair fleece/wool mittens
- _____ 1 pair mitten shells

Sleeping Equipment

- _____ 1 sleeping bag (0-15 degrees) w/compression stuff sack (bring a garbage bag to help keep your bag dry)
- _____ 1 sleeping pad/ therma-rest

Toiletries

- _____ 1 toothbrush
- _____ toothpaste
- _____ 1 towel, in-camp use
- _____ shampoo, in-camp use
- _____ soap, in-camp use
- _____ feminine hygiene products (female campers)
- _____ prescription medications
- _____ multi-purpose vitamins

Miscellaneous Equipment

- _____ sunglasses—100% UV and 95% Infrared light blockage
- _____ sunscreen—**SPF 30 minimum**
- _____ lip balm
- _____ trekking poles--adjustable length
- _____ insect repellent
- _____ pocket knife
- _____ watch
- _____ 2 bandannas
- _____ spending money (\$100 - cash or travelers' checks)
- _____ compass (optional)
- _____ binoculars (optional)
- _____ fishing gear (optional)
- _____ journal
- _____ camera and film, with waterproof container (optional)
- _____ Camp chair or therma-rest chair converter (optional)