

# Wilderness Orientation Session Backpacking Equipment list

07/2010

- Sturdy, fitted, backpacking boots in good repair
- Internal frame backpack with hip belt (4500-5000 inches<sup>3</sup> or 65-75 liters)
- Sleeping pad (foam or air – if air, add repair kit)
- Sleeping Bag w/ stuff sack, preferably fiber-filled (rated to ~/+10 F)
- Ground tarp ~6' x 9' (preferably with grommets at corners)
  
- Waterproof rain jacket
- Waterproof rain pants
- Jacket or sweater (fleece or wool)
- Long-sleeved insulating top layer (~Expedition weight)
- Long pants (fleece or wool)
- Long underwear top and bottom (~Medium weight)
- T-shirts (2)
- Underwear (2-3 pair)
- Nylon/ synthetic shorts (1 pair)
  
- Lightweight camp shoes (closed toe shoes, no sandals or flip-flops)
- Hiking socks wool or synthetic (2 pair)
- Liner socks (2 pair or skip and add additional pair of hiking socks)
- Warm hat that covers ears (fleece or wool)
- Gloves or mittens
- Sun hat w/ visor
- Leather work gloves (for service project)
  
- 1-quart water bottles (2; screw top bottles are best)
- Cup (plastic insulated 12-16 oz), bowl, spoon
- Bandanas (2)
- Headlamp w/ new batteries (L.E.D. style is best)
- Small or medium sized stuff sacks (1 or 2; to organize clothes)
- Toilet kit (toothbrush, moleskin)
- Sunscreen and Lip protection (30 SPF or greater)
  
- Sunglasses (w/ plastic lenses)
- Whistle with neck lanyard (simple lightweight style is best)
- Water purification tablets (Potable Aqua, Aqua Mira, or similar)
- Pen or pencil (2; for journal writing, journals provided by CRMS)
- Day-pack – Stuff sack style super simple, lightweight (or convertible waist pack from backpack)

## Optional items:

- Gaiters (to keep debris out of boots)
- Camera w/ new batteries
- Camp Chair or Crazy Creek chair
- Book (lightweight!)
- Feminine hygiene items
- Prescription glasses or extra contacts (as a back-up)

\*All **clothing (except possibly T-shirts and underwear) should be non-cotton blends**. Keep in mind that you will be carrying all of these items plus a share of group gear and food on your back. We will teach you effective strategies to pack, carry, and organize your gear. You will get stronger on your trip!

Please do not bring any electronic devices (except digital cameras) on CRMS trips!