

# Wilderness Orientation Session Backpacking Equipment List

06/2011

## Required items:

- Sturdy backpacking boots in good repair
- Internal frame backpack with hip belt (4000-5000 inches<sup>3</sup> or 65-80 liters)
- Sleeping Bag w/ stuff sack, preferably fiber-filled (rated to ~/ +15 F)
  
- Sleeping pad (foam or air – if air, add repair kit)
- Ground tarp ~5' x 8' (preferably with grommets at corners)
  
- Waterproof rain jacket
- Waterproof rain pants
- Fleece Jacket (medium to heavy weight fleece)
- Fleece sweatshirt/ vest (medium weight fleece, or heavy weight long underwear top)
- Fleece long pants
- Long underwear top and bottom (~Medium weight)
- T-shirts (2)
- Nylon/ synthetic shorts (1 pair)
- Underwear (2-3 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)
- Lightweight 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 sack (1; to organize clothes/ gear)
- Toilet kit (small toothbrush, travel toothpaste, floss, moleskin)
- Sunscreen (30 SPF or greater), 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 – super simple, lightweight stuff sack style (or convertible waist pack from backpack)

## Optional items:

- Gaiters (to keep debris out of boots)
- Camera w/ new batteries
- 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 in your pack. When gathering and purchasing these items choose quality lightweight products whenever possible to help reduce overall pack weight.

Electronic devices are not allowed on CRMS trips (digital cameras are allowed).