

# THE ROAD

## LESS TRAVELED®

### Conservation is the Key Equipment List

You may already own many of the items on this list. Clothing will receive hard use. We strongly recommend you borrow what you do not already have from friends or relatives. Before you purchase any gear, be sure you read the "Guidelines for Gear" on the other side.

Each participant **MUST** have the items listed below; they are specific to your safety and comfort. Cargo room is extremely limited, therefore, do not bring any additional items with you, bring only what is listed here. If you are missing gear, you may not be able to participate on the expedition. All gear must be packed in your duffel or suitcase. **IMPORTANT NOTE:** No valuable or sentimental jewelry, expensive cameras, etc. should be brought on the expedition. Please do not bring any items that are irreplaceable. **IPods, walkmans, CD players and game devices are not permitted.** These expeditions are designed for participation and personal listening devices take a person out of the group. **Label everything.**

LUGGAGE	PERSONAL GEAR
<input type="checkbox"/> large duffel bag or suitcase (approx. 7800 cubic inches or 12"x24"x36")	<input type="checkbox"/> dark lens sunglasses (UV resistant)
<input type="checkbox"/> large size day pack	<input type="checkbox"/> 1 12 oz insulated mug, 1 bowl, 1 spoon
	<input type="checkbox"/> 2 one liter durable water bottles
	<input type="checkbox"/> 1 bandana
	<input type="checkbox"/> notebook/journal
<b>SLEEPING GEAR</b>	<input type="checkbox"/> extra batteries (for camera, headlamp, etc)
<input type="checkbox"/> sleeping bag rated to 40°F (down or synthetic) or lightweight sleeping bag liner (polypro/silk)	<input type="checkbox"/> writing materials (pen, pencil, stationery)
<input type="checkbox"/> sleeping pad (i.e. Therm-A-Rest)	<input type="checkbox"/> headlamp
<input type="checkbox"/> clothes for sleeping in (i.e. t-shirt and shorts)	<input type="checkbox"/> prescription glasses (Required: contacts or glasses - bring an extra pair of glasses and a copy of your eye glass Rx)
	<input type="checkbox"/> luggage locks for use in Florida, NOT while flying
<b>UPPER BODY</b>	
<input type="checkbox"/> 4 shirts (3 short sleeve, 1 white long sleeve; at least 2 should be "quick dry" material)	<b>TOILETRIES</b>
<input type="checkbox"/> 1 set lightweight rain gear <i>with</i> hood ( <b>jacket &amp; pants</b> ; i.e. Gore-Tex)	<input type="checkbox"/> insect repellent!
<input type="checkbox"/> 1-2 work shirts (old clothing you do not care about)	<input type="checkbox"/> sunscreen (30+ SPF - 2 tubes!)
<input type="checkbox"/> 1 comfortable shirt for plane ride, relaxed day in Key West	<input type="checkbox"/> soap (small bar/container)
	<input type="checkbox"/> shampoo (small container)
	<input type="checkbox"/> toothbrush & toothpaste
<b>LOWER BODY</b>	<input type="checkbox"/> deodorant
<input type="checkbox"/> 1 pair jeans or similar for plane ride	<input type="checkbox"/> feminine sanitary products
<input type="checkbox"/> 7 pairs underwear ("quick dry" style is ideal)	<input type="checkbox"/> laundry bag
<input type="checkbox"/> 4 pairs shorts (at least 1 "quick dry")	<input type="checkbox"/> alcohol-based hand sanitizer
<input type="checkbox"/> 1 pair lightweight hiking pants	<input type="checkbox"/> lip balm w/ SPF
<input type="checkbox"/> 2 swimsuits (at least 1 one-piece for girls - no bikinis!)	<input type="checkbox"/> moisturizing lotion
	<input type="checkbox"/> "quick dry" towel and washcloth
<b>HEAD AND HAND</b>	<input type="checkbox"/> Gold Bond medicated powder
<input type="checkbox"/> sun/rain hat with brim (i.e. baseball hat)	<input type="checkbox"/> 4 gallon size ziploc bags, 4 quart size ziploc bags
<input type="checkbox"/> snorkel gear (mask and fins)	
<input type="checkbox"/> mosquito head net	<b>OPTIONAL GEAR</b>
	<input type="checkbox"/> Crazy Creek camping chair
<b>FOOTWEAR</b>	<input type="checkbox"/> camera w/ film and waterproof camera bag
<input type="checkbox"/> 1 pair sandals with snug heel straps (i.e. Tevas, Chacos; to be worn in the water)	<input type="checkbox"/> sketchbook, novels, other reading material
<input type="checkbox"/> 4 pairs socks ("quick dry" is ideal)	<input type="checkbox"/> keeper straps for sunglasses
<input type="checkbox"/> 1 pair sneakers	<input type="checkbox"/> wristwatch (with alarm)
<input type="checkbox"/> 1 pair flip flops	<input type="checkbox"/> 1 sarong (works as a towel, an extra sheet, or quick cover-up)
	<input type="checkbox"/> dry bag
	<input type="checkbox"/> motion sickness medication (important for being on the water!)
	<input type="checkbox"/> 2 CD's for use in van on travel days
	<input type="checkbox"/> deck of cards
	<input type="checkbox"/> water shoes (neoprene)



## **Guidelines for Gear**

### **WHERE TO SHOP**

There are many places to purchase your gear and clothing for your trip including traditional stores and online shops. It is easy to buy clothing and accessories online, but if you are buying boots we recommend that you go to a store rather than shop online as it is next to impossible to get the exact fit you need without trying on these items. An excellent fit is critical to your comfort.

REI is one of the leading national sellers of quality gear and hiking boots. Visit [www.rei.com](http://www.rei.com) to view their inventory and find the store nearest you. Other store options include Eastern Mountain Sports (EMS), North Face, Patagonia, and Moosejaw Mountaineering. When going to a store take this equipment list with you and feel free to call us 800-939-9839 if you have any questions while at the store. You can find great deals online at: [www.sierratradingpost.com](http://www.sierratradingpost.com), [www.backcountry.com](http://www.backcountry.com) and [www.campmor.com](http://www.campmor.com). For many items on this list, it is not necessary to shop at these stores; stores like Target and TJ Maxx sell many of these items, such as "quick dry" fabrics, at discounted prices.

### **PACKING FOR YOUR TRIP**

All gear should be packed into the duffel bag or suitcase. Your duffel should be soft and large enough to carry all of the gear listed on the equipment list. Wheels are fine, but not necessary. Pack by category in labeled stuff sacks so you don't have to constantly pack and repack.

Never check items you can't afford to lose. You should use your day pack to carry on important items including identification, medication, passports, cameras, etc. It's also a good idea to carry on toiletries, a fleece, water bottle, and rain jacket, in case delays or cancellations occur. Please review the latest security measures regarding carry-on luggage at [www.tsa.gov](http://www.tsa.gov).

### **SLEEPING GEAR**

Sleeping pad: Should be closed-cell foam (e.g. ensolite) and 3/8" thick. Therm-A-Rest pads (inflatable) are also excellent but weigh a little more. Length should be 3/4 or full body length. These are used for padding and insulation between the sleeping bag and the ground.

Sleeping bag: There are many excellent synthetic filled sleeping bags available that are much less expensive than down-filled bags and maintain insulative properties when wet.

Lightweight sleeping sheet/sleeping bag liner: While in Florida, we will be in areas with temperatures that do not require a sleeping bag. You should bring either a polypropylene or lightweight fleece sleeping bag liner or sheet to use. Please feel free to use this instead of a sleeping bag or vice versa (our accommodations have air conditioning!).

Sleeping bag stuff sack: You will need a stuff sack for travel and front-country days. Make sure your stuff sack is the right size for your sleeping bag. We recommend compressible stuff sacks!

### **COTTON, WOOL AND FLEECE**

Cotton is comfortable, but provides little warmth. Cotton long underwear is virtually worthless when it is cold out. It absorbs moisture, which then cools the skin. Your comfort and safety depend on your clothing's ability to keep you warm and dry.

Polypropylene/Capilene® and other synthetic fabrics act much like wool and are ideal for undergarments. They are warm, light and more comfortable on the skin than wool.

Wool maintains its ability to insulate even when wet because it wicks moisture away from the skin.

Polyester fleece acts in much the same way as wool and has been fashioned into comfortable sweaters, jackets, and just about anything else you can imagine.

### **RAIN GEAR**

Good rain gear is a must - hoods required! There is a vast selection of clothing available designed to shed wind and rain. Whether it is made of coated nylon or a material with a breathable laminate (e.g. Gore-Tex), a good rain jacket is light, comfortable, durable, and keeps the rain out.

Plastic is not acceptable rain gear. Make sure you choose a **waterproof** option, not just water repellent.