

THE ROAD

LESS TRAVELED®

Footsteps of Giants 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, or bring old or used gear. Before you purchase any gear, be sure you read the "Guidelines for Gear" on the other side. All of the items listed below should be brought on your program. If you are missing gear, you may not be able to participate on a section of a program. **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.

These clothing lists are annually reviewed and updated with the help of our leaders, who participate on the specific program. Please keep in mind that they are compiled with the idea that specific weather could occur on your trip. It might be sunny and you won't use your rain gear, or it may be warmer than usual, and you might not use your warm layers or long sleeve garments. It is better to be prepared, than to be wishing you had brought something.

| | |
|---|--|
| BACKPACK GEAR | PERSONAL GEAR |
| <input type="checkbox"/> backpack (internal frame: 5000+ cubic inches) | <input type="checkbox"/> large stuff sack (for all clothes left behind during an activity) |
| <input type="checkbox"/> waterproof nylon backpack cover | <input type="checkbox"/> dark lens sunglasses (UV resistant) |
| <input type="checkbox"/> day pack (i.e. your school book bag) | <input type="checkbox"/> 1 12 oz insulated mug, 1 bowl, 1 spoon |
| | <input type="checkbox"/> 2 one liter durable water bottles |
| SLEEPING GEAR | <input type="checkbox"/> 1 bandana |
| <input type="checkbox"/> sleeping bag rated to 0°F (No down!) | <input type="checkbox"/> notebook/journal |
| <input type="checkbox"/> sleeping bag compression sack | <input type="checkbox"/> zip-loc bags (various sizes for organization and dry storage) |
| <input type="checkbox"/> sleeping pad (i.e. Therm-A-Rest) | <input type="checkbox"/> extra batteries (for camera, headlamp, etc) |
| | <input type="checkbox"/> writing materials (pen, pencil, stationery) |
| UPPER BODY | <input type="checkbox"/> headlamp |
| <input type="checkbox"/> 2 "quick dry" T-shirts | <input type="checkbox"/> prescription glasses (Required: contacts or glasses - bring |
| <input type="checkbox"/> 1 set rain gear <i>with</i> hood (jacket & pants; i.e. Gore-Tex) | an extra pair of glasses and a copy of your eye glass Rx) |
| <input type="checkbox"/> 2 thermal underwear tops ("quick dry" is ideal: 1 medium and 1 heavyweight) | <input type="checkbox"/> 2 copies of your passport kept in a safe place |
| <input type="checkbox"/> 1 wool or fleece over-sweater | TOILETRIES |
| <input type="checkbox"/> 1 lightweight, warm coat (ski jacket or heavy fleece) | <input type="checkbox"/> insect repellent |
| | <input type="checkbox"/> sunscreen |
| LOWER BODY | <input type="checkbox"/> soap (small bar/container) |
| <input type="checkbox"/> 1 pair comfortable pants (jeans, sweats, nylon hiking pants) | <input type="checkbox"/> shampoo (small container) |
| <input type="checkbox"/> 2 pairs shorts | <input type="checkbox"/> toothbrush & toothpaste |
| <input type="checkbox"/> 1 pair warm pants (wool or fleece) | <input type="checkbox"/> deodorant |
| <input type="checkbox"/> 5 pairs underwear ("quick dry" style is ideal) | <input type="checkbox"/> feminine sanitary products |
| <input type="checkbox"/> 1 swimsuit | <input type="checkbox"/> laundry bag |
| <input type="checkbox"/> 1 pair thermal long underwear bottoms ("quick dry") | <input type="checkbox"/> alcohol-based hand sanitizer |
| | <input type="checkbox"/> lip balm w/ SPF |
| HEAD AND HAND | <input type="checkbox"/> moisturizing lotion |
| <input type="checkbox"/> sun/rain hat with brim (i.e. baseball hat) | <input type="checkbox"/> "quick dry" towel and washcloth |
| <input type="checkbox"/> warm cap (wool/fleece stocking type) | |
| <input type="checkbox"/> waterproof gloves/mittens | OPTIONAL GEAR |
| | <input type="checkbox"/> Crazy Creek camping chair |
| FOOTWEAR | <input type="checkbox"/> camera w/ film and waterproof camera bag |
| <input type="checkbox"/> 1 pair sandals with heel straps (i.e. Tevas, Chacos—absolutely no flip flops!) | <input type="checkbox"/> sketchbook, novels, other reading material |
| <input type="checkbox"/> 7 pairs wool socks | <input type="checkbox"/> padded biking gloves and shorts |
| <input type="checkbox"/> hiking boots with Vibram sole (well broken in) | <input type="checkbox"/> body glide lubricant (available at most running stores) |
| <input type="checkbox"/> 2 pairs sock liners (polypro/silk/wool) | <input type="checkbox"/> trekking poles |
| <input type="checkbox"/> 1 pair sneakers | <input type="checkbox"/> keeper straps for sunglasses |
| | <input type="checkbox"/> gaiters |
| | <input type="checkbox"/> wristwatch (with alarm) |



Guidelines for Gear

PACKING ADVICE

Due to the nature of the program, you will be carrying all of your gear on this trip. Before leaving for the summer, be sure to pack your bag and then walk around with it on to make sure that it's comfortable and you can carry it easily. Packing light is essential.

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 and a backpack 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 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, www.backcountry.com and 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.

BACKPACKS

An internal frame pack is necessary for Footsteps of Giants. Your pack must have padded shoulder straps and a padded hip belt. Packs should be at least large enough to carry the equivalent of three rolled up sleeping bags (**5000 cubic inches or more***). Your pack must fit you well. Your ability to carry a load any distance, as well as your comfort, depends on how your pack fits. If you are purchasing a new backpack, a competent salesperson can help you with fit and adjustments. If the salesperson feels that a 5000 cubic inch pack is too large for you, select the largest pack appropriate for your height and weight. If you have a pack or are borrowing one, but you are not sure of the fit take it to a reputable shop and ask them. Please feel free to call us if you have any questions. *5000 cubic inch packs or larger are mandatory on Footsteps of Giants. All listed gear/clothing must be packed into your backpack. Put your items for travel and your valuables in your day pack.

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. If you bring a Therm-A-Rest, consider bringing a patch kit as they are prone to leaks.

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. **Please no down bags on Footsteps of Giants!**

Sleeping bag stuff sack: Even if your pack has a compartment for your sleeping bag, 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. Mountain weather ranges from sunny and warm to wet and cold. Your comfort and safety depend on your clothing's ability to keep you warm and dry. In other words, leave your cotton long underwear at home. **Very little cotton should be brought on Footsteps of Giants.**

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.

BOOTS

We cannot stress enough the importance of bringing **well-made, well-fitted and well-worn**, over-the-ankle boots. Hiking in boots that have not been properly fitted or broken-in can result in severe blisters and could bring your trip to a premature end. Boots should be large enough to wear with two pair of wool socks or one pair of wool socks and a pair of liner socks (polypropylene, wool or silk). The heel should lift up only a tiny bit going up a grade, while the toes should not hit in the front going down a grade. If you are buying a new pair of boots, wear them as much as possible before arriving. Vibram or similar lug soles are essential. Plan on bringing boots that will support a fairly heavy pack, hiking in mountain terrain for up to 7 days at a time. Good boots aid your endurance, protect your feet and provide all-day comfort.

GAITERS

Gaiters are designed to cover the ankle of the boot and the lower leg in order to keep out water and debris. While not essential, many people find they make hiking more comfortable.