

THE ROAD

LESS TRAVELED®

Leadership Challenge 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.

**** Please note that Leadership Challenge requires a mandatory gear rental (unless you own or purchase gear) for rock climbing and ice and snow mountaineering. Please see the enclosed Equipment Rental form for more information.**

BACKPACK/LUGGAGE	PERSONAL GEAR
<input type="checkbox"/> backpack (internal frame: 4000-5000 cubic inches)	<input type="checkbox"/> passport and 2 copies kept separately
<input type="checkbox"/> waterproof nylon backpack cover	<input type="checkbox"/> "glacier glasses" with side shields (100% UVA, UVB)
<input type="checkbox"/> large duffel bag or suitcase (approx. 7800 cubic inches or 12"x24"x36", wheeled duffels are fine)	<input type="checkbox"/> 1 12 oz insulated mug, 1 bowl, 1 spoon
<input type="checkbox"/> day pack (i.e. your school book bag)	<input type="checkbox"/> 2 one liter durable water bottles
	<input type="checkbox"/> 1 bandana
	<input type="checkbox"/> notebook/journal
UPPER BODY	<input type="checkbox"/> zip-loc bags (various sizes for organization and dry storage)
<input type="checkbox"/> 2 cotton t-shirts	<input type="checkbox"/> extra batteries (for camera, headlamp, etc)
<input type="checkbox"/> 1 short-sleeve "quick dry" shirt	<input type="checkbox"/> writing materials (pen, pencil, stationery)
<input type="checkbox"/> 3 thermal underwear tops ("quick dry" is ideal: 2 light, 1 medium and 1 heavyweight)	<input type="checkbox"/> headlamp
<input type="checkbox"/> 1 wool or fleece over-sweater	<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"/> 1 warm parka (down or synthetic only)	
<input type="checkbox"/> 1 rain jacket with hood (Gore-Tex, nylon or similar)	SLEEPING GEAR
	<input type="checkbox"/> sleeping bag rated to 10°F
LOWER BODY	<input type="checkbox"/> sleeping bag compression sack
<input type="checkbox"/> 1 pair comfortable pants (jeans, nylon hiking pants)	<input type="checkbox"/> 2 sleeping pads (1 closed-cell foam, 1 Therm-A-Rest for much needed insulation)
<input type="checkbox"/> 2 pairs shorts ("quick dry," nylon or similar)	
<input type="checkbox"/> 1 pair warm pants (wool or fleece)	TOILETRIES
<input type="checkbox"/> 1 pair nylon or cordura/shoeller-fabric long pants for day use	<input type="checkbox"/> insect repellent
<input type="checkbox"/> 9 pairs underwear ("quick dry" style are ideal)	<input type="checkbox"/> sunscreen (30+ SPF)
<input type="checkbox"/> 1 swimsuit	<input type="checkbox"/> soap (small bar/container)
<input type="checkbox"/> 2 pairs thermal long underwear bottoms ("quick dry")	<input type="checkbox"/> shampoo (small container)
<input type="checkbox"/> 1 pair rain pants (Gore-Tex, nylon or similar)	<input type="checkbox"/> toothbrush & toothpaste
HEAD AND HAND	<input type="checkbox"/> deodorant
<input type="checkbox"/> mosquito head net	<input type="checkbox"/> feminine sanitary products
<input type="checkbox"/> warm cap (wool/fleece stocking type)	<input type="checkbox"/> laundry bag
<input type="checkbox"/> polypro glove liners	<input type="checkbox"/> alcohol-based hand sanitizer
<input type="checkbox"/> sun/rain hat with brim (i.e. baseball hat)	<input type="checkbox"/> lip balm w/ SPF
<input type="checkbox"/> waterproof overmitts for working on snow and ice	<input type="checkbox"/> moisturizing lotion
<input type="checkbox"/> warm gloves/mittens	<input type="checkbox"/> "quick dry" towel and washcloth
FOOTWEAR	OPTIONAL GEAR
<input type="checkbox"/> 1 pair light weight running shoes or sandals with straps (i.e. Tevas or Chacos)	<input type="checkbox"/> Crazy Creek camping chair
<input type="checkbox"/> 5 pairs wool/synthetic socks - heavy weight expedition socks	<input type="checkbox"/> camera w/ film and waterproof camera bag
<input type="checkbox"/> 4 pair cotton socks	<input type="checkbox"/> sketchbook, novels, other reading material
<input type="checkbox"/> 2 pairs sock liners (polypro/silk/wool)	<input type="checkbox"/> trekking poles
<input type="checkbox"/> hiking boots with Vibram sole (extremely well broken-in)	<input type="checkbox"/> down booties
<input type="checkbox"/> 1 pair heavy duty gaiters (able to fit over boot)	<input type="checkbox"/> wristwatch (with alarm)
<input type="checkbox"/> climbing shoes (can be rented)	<input type="checkbox"/> 2 CDs for use in van on travel days



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 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.

PACKING FOR YOUR TRIP

All gear should be packed into the duffel bag or suitcase with the exception of the sleeping bag, sleeping pad and your hiking boots which should be packed into the backpack. Your duffel should be soft and large enough to carry all of the gear listed on the equipment list. Pack by category in labeled stuff sacks so you don't have to constantly pack and repack. Gallon size Ziploc bags provide a great way to waterproof your gear.

Never check items you can't afford to lose. You should use your daypack to carry on important items including identification, medication, cameras, exposed film, etc. It's also a good idea to carry on toiletries, a fleece, a water bottle, and a rain jacket, in case delays or cancellations occur. Please remember that new security measures limit passengers to only one carry-on. Recent measures also limit passengers to one checked bag under 50 lbs. If your bag is extra heavy, please make sure to bring enough money to cover the cost of going over the weight limit. If packed properly, a duffel should not weigh over 40 lbs.

BACKPACKS

Internal frame packs are recommended for this expedition. 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 (between 4000 and 5000 cubic inches). Your pack must fit you well. Your ability to carry a heavy 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 4000+ pack is too large for you, select the largest pack appropriate for your height and weight. Keep in mind that your pack will be heavy. If you choose to borrow a pack, it is crucial that it fits appropriately. This is one piece of gear you should buy rather than borrow if the fit is not good. **Do not purchase this piece of equipment online without trying it on beforehand.** Please feel free to call us if you have any questions.

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 (Qualofil, Holofill Fiberfill, Polarguard) sleeping bags available that are much less expensive than down-filled bags and maintain insulating properties when wet. While down-filled bags are lighter in weight, more compressible, and wonderful to sleep in, they are much more difficult to clean and worthless when wet.

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 Leadership Challenge.**

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. Gore-Tex is also a good windbreaker. You must bring a rain jacket and pants or a full-length raincoat called a Cagoule.

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. Purchase boots that will support a heavy pack, hiking in mountain terrain for up to 20 days at a time. REI is one of the leading sellers of hiking boots in the nation. They also provide a printed list of recommended boots. Please do not purchase boots on-line without first trying them on in a store.

GAITERS

Gaiters are designed to cover the ankle of the boot and the lower leg in order to keep out water, snow, and debris. A heavy cordura fabric is ideal. There are a wide variety of gaiter styles available, and nearly all of them perform just fine.