

THE ROAD

LESS TRAVELED®

Peaks and Valleys 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/LUGGAGE	PERSONAL GEAR
<input type="checkbox"/> backpack (internal frame: 4000-5000 cubic inches)	<input type="checkbox"/> dark lens sunglasses (UV resistant)
<input type="checkbox"/> waterproof nylon backpack cover	<input type="checkbox"/> 1 12 oz insulated mug, 1 bowl, 1 spoon
<input type="checkbox"/> large duffel bag or suitcase (approx. 7800 cubic inches or 12"x24"x36")	<input type="checkbox"/> 2 one liter durable water bottles
<input type="checkbox"/> day pack (i.e. your school book bag)	<input type="checkbox"/> 1 bandana
	<input type="checkbox"/> notebook/journal
	<input type="checkbox"/> zip-loc bags (various sizes for organization and dry storage)
SLEEPING GEAR	<input type="checkbox"/> extra batteries (for camera, headlamp, etc)
<input type="checkbox"/> sleeping bag rated to 20°F	<input type="checkbox"/> writing materials (pen, pencil, stationery)
<input type="checkbox"/> sleeping bag compression sack	<input type="checkbox"/> headlamp
<input type="checkbox"/> sleeping pad (i.e. Therm-A-Rest)	<input type="checkbox"/> prescription glasses (Required: contacts or glasses - bring
<input type="checkbox"/> clothes for sleeping in (t-shirt and shorts or sweats)	an extra pair of glasses and a copy of your eye glass Rx)
UPPER BODY	TOILETRIES
<input type="checkbox"/> 4 t-shirts (at least 1 long sleeve, "quick dry" is ideal)	<input type="checkbox"/> insect repellent
<input type="checkbox"/> 1 set rain gear <i>with</i> hood (jacket & pants; i.e. Gore-Tex)	<input type="checkbox"/> sunscreen
<input type="checkbox"/> 2 thermal underwear tops ("quick dry" is ideal: 1 medium and 1 heavyweight)	<input type="checkbox"/> soap (small bar/container)
<input type="checkbox"/> 1 wool or fleece over-sweater	<input type="checkbox"/> shampoo (small container)
<input type="checkbox"/> 1 lightweight, warm coat (ski jacket or heavy fleece)	<input type="checkbox"/> toothbrush & toothpaste
	<input type="checkbox"/> deodorant
	<input type="checkbox"/> feminine sanitary products
LOWER BODY	<input type="checkbox"/> laundry bag
<input type="checkbox"/> 2 pair comfortable pants (jeans, sweats, nylon hiking pants)	<input type="checkbox"/> alcohol-based hand sanitizer
<input type="checkbox"/> 3 pairs shorts (athletic shorts are good for hiking)	<input type="checkbox"/> lip balm w/ SPF
<input type="checkbox"/> 1 pair warm pants (wool or fleece)	<input type="checkbox"/> moisturizing lotion
<input type="checkbox"/> 7 pairs underwear ("quick dry" style is ideal)	<input type="checkbox"/> "quick dry" towel and washcloth
<input type="checkbox"/> 1 swimsuit	
<input type="checkbox"/> 1 pair thermal long underwear bottoms ("quick dry")	OPTIONAL GEAR
	<input type="checkbox"/> Crazy Creek camping chair

HEAD AND HAND	<input type="checkbox"/> camera w/ film and waterproof camera bag
<input type="checkbox"/> sun/rain hat with brim (i.e. baseball hat)	<input type="checkbox"/> sketchbook, novels, other reading material
<input type="checkbox"/> warm cap (wool/fleece stocking type)	<input type="checkbox"/> 2 CD's for use in van on travel days
<input type="checkbox"/> warm gloves/mittens	<input type="checkbox"/> deck of cards
	<input type="checkbox"/> keeper straps for sunglasses
FOOTWEAR	<input type="checkbox"/> gaiters
<input type="checkbox"/> 1 pair sandals with heel straps (i.e. Tevas, Chacos—absolutely no flip flops!)	<input type="checkbox"/> wristwatch (with alarm)
<input type="checkbox"/> 7 pairs socks (at least 2 wool)	
<input type="checkbox"/> hiking boots with Vibram sole (well broken in)	
<input type="checkbox"/> 1 pairs sock liners (polypro/silk/wool)	
<input type="checkbox"/> 1 pair sneakers	

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. 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 daypack to carry on important items including identification, medication, passports, visas, 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.

BACKPACKS

Internal frame packs are recommended for this trip. 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 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. **If you choose to borrow a pack, it is crucial that it fits appropriately. You should take the pack to a reputable shop and get their opinion on the fit. This is one piece of gear you should *buy* rather than *borrow* if the fit is not good.**

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.

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.

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. Good boots aid your endurance, protect your feet and provide all-day comfort.