

# THE ROAD

## LESS TRAVELED®

### Wapenduka Packing 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.

LUGGAGE	PERSONAL GEAR
<input type="checkbox"/> large duffel bag or suitcase (approx. 7800 cu. inches or 12"x24"x36" - wheels should be avoided if possible)	<input type="checkbox"/> headlamp
<input type="checkbox"/> large size day pack (i.e. 1000-2000 cubic inches)	<input type="checkbox"/> dark lens sunglasses (UV resistant)
	<input type="checkbox"/> 2 one liter durable water bottles
	<input type="checkbox"/> 1 bandana
<b>SLEEPING GEAR</b>	<input type="checkbox"/> notebook/journal
<input type="checkbox"/> sleeping bag rated to 20°F (down or synthetic)	<input type="checkbox"/> extra batteries (for camera, headlamp, etc)
<input type="checkbox"/> sleeping bag stuff sack (compression style is best)	<input type="checkbox"/> writing materials (pen, pencil, stationery)
<input type="checkbox"/> clothes for sleeping in (t-shirt and sweats)	<input type="checkbox"/> 2 copies of your passport kept in a safe place
	<input type="checkbox"/> prescription glasses (Required: contacts or glasses - bring an extra pair of glasses and a copy of your eye glass Rx)
<b>UPPER BODY</b>	
<input type="checkbox"/> 3 lightweight shirts (at least 1 long sleeve if you are prone to sunburns)	
<input type="checkbox"/> 2 work shirts (old clothing you don't care about)	<b>TOILETRIES</b>
<input type="checkbox"/> 2 wool or fleece over-sweaters	<input type="checkbox"/> insect repellent
<input type="checkbox"/> 1 set raingear <i>with</i> hood (jacket & pants; Gore-Tex)	<input type="checkbox"/> sunscreen
<input type="checkbox"/> 1 lightweight thermal underwear top	<input type="checkbox"/> soap (small bar/container)
<input type="checkbox"/> 1 midweight warm jacket	<input type="checkbox"/> shampoo (small container)
<input type="checkbox"/> 1 "nicer" outfit for village celebrations	<input type="checkbox"/> toothbrush & toothpaste
(Note that earth colored clothing is best for a wilderness safari)	<input type="checkbox"/> deodorant
<i>*It can get very cold at night (30-40 °F)</i>	<input type="checkbox"/> feminine sanitary products
	<input type="checkbox"/> laundry bag
<b>LOWER BODY</b>	<input type="checkbox"/> alcohol-based hand sanitizer (2 large bottles)
<input type="checkbox"/> 10 pairs underwear ("quick dry" are ideal)	<input type="checkbox"/> lip balm w/ SPF
<input type="checkbox"/> 1 pair of shorts ("quick dry" material is ideal)	<input type="checkbox"/> moisturizing lotion
<input type="checkbox"/> 1 pair light nylon (or similar) hiking pants	<input type="checkbox"/> "quick dry" towel and washcloth
<input type="checkbox"/> 3 pairs comfortable work pants (i.e. jeans or Carharts)	<input type="checkbox"/> wet wipes for dusty travel days
<input type="checkbox"/> 1 pair thermal underwear bottoms ("quick dry") OR	
<input type="checkbox"/> 1 pair warm pants (wool or fleece)	<b>OPTIONAL GEAR</b>
	<input type="checkbox"/> Crazy Creek camping chair - - HIGHLY RECOMMENDED
<b>HEAD AND HAND</b>	<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"/> 1 warm cap (wool/fleece stocking type)	<input type="checkbox"/> keeper straps for sunglasses
<input type="checkbox"/> 1 pair light, tight fitting leather work gloves	<input type="checkbox"/> wristwatch (with alarm)
	<input type="checkbox"/> mosquito head net
<b>FOOTWEAR</b>	<input type="checkbox"/> binoculars
<input type="checkbox"/> 1 pair tennis shoes (will get dirty!)	<input type="checkbox"/> books, school supplies or games to donate to the village
<input type="checkbox"/> 4 pairs wool socks	<input type="checkbox"/> sleeping pad (i.e. Therm-A-Rest) - one is provided but if you require additional padding, you may bring your own
<input type="checkbox"/> 4 pairs cotton socks	
<input type="checkbox"/> 1 pair flip flops or sandals	
<input type="checkbox"/> lightweight hiking boots with Vibram sole (well broken-in)	



## **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](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 your suitcase. 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. Please remember that new security measures limit passengers to only one carry-on.

### **SLEEPING GEAR**

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 insulative properties when wet. If you already own a bag that is rated for temperatures colder than we recommend, you should not feel obligated to purchase a new bag.

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!

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.

### **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. It's okay to bring a cotton T-shirt or two to hike in, but leave your cotton long underwear and cotton sweats at home.

Polypropylene/Capilene® and other synthetic creations are light, warm, and ideal for long underwear. Unlike cotton, they wick moisture away from the skin and maintain insulating properties even when wet.

Wool also 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 tends to be more comfortable on the skin. It has been fashioned into comfortable sweaters, jackets, pants, 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.