

## Seminar I 2010 Student Gear List

**IMPORTANT:** Items on this list should be packed all together in one bundle. Large duffels work really well. Please no suitcases. Waterproofing one's belongings with trash bags around one's clothing and sleeping bag will keep one's gear dry if it rains. Students should practice packing their own bags, as they will be expected to pack them on the trip. By being responsible for their own packing, they will know what is in their bag and how to take care of their own belongings. **PLEASE MAKE SURE ALL CLOTHING AND GEAR IS LABELED WITH STUDENT'S NAME. SHARPIE MARKERS WORK WELL.** Clothes worn to school on the day of the trip are in addition to this list, except for shoes and jackets.

Students need to be well prepared for this trip, as they will be hiking and camping at altitudes in excess of 10,000 feet. **If students come to school for the trip unprepared, for their own safety, they will not be allowed to participate and will be sent home.**

**Synthetic materials are best as they wick away moisture and dry quickly. Cotton is never a good idea in the high country.**

### SLEEPING GEAR:

- \_\_\_\_\_ warm sleeping bag (good for down to at least 5 degrees)
- \_\_\_\_\_ stuff sack for sleeping bag
- \_\_\_\_\_ sleeping pad for under sleeping bag (no large blowup air mattresses)

### CLOTHING:

- \_\_\_\_\_ 2 pairs of shoes (One should be sturdy hiking boots with good tread, while the other can be running shoes.)
- \_\_\_\_\_ 3 pairs of synthetic or wool socks
- \_\_\_\_\_ 1 pair of long pants (not jeans) – zip off hiking pants are very convenient but not necessary
- \_\_\_\_\_ 1 pair of shorts
- \_\_\_\_\_ 1 warm long sleeved shirt
- \_\_\_\_\_ 2 changes of underwear
- \_\_\_\_\_ 1 warm hat that covers the ears
- \_\_\_\_\_ 1 baseball hat or sun hat for hiking at altitude
- \_\_\_\_\_ 2 t-shirts
- \_\_\_\_\_ synthetic long underwear (top and bottom)
- \_\_\_\_\_ 1 warm sweater (fleece or wool – no sweatshirts)
- \_\_\_\_\_ 1 pair of warm gloves or mittens
- \_\_\_\_\_ 1 warm jacket
- \_\_\_\_\_ **WATERPROOF/RUBBER RAIN GEAR** (jacket with a hood and pants)  
Check if it fits! Rain gear needs to fit over your warm jacket and/or sweater. It is best if the pants will slip on over your shoes. Rain gear can get a lot of use so investing in a good quality set may ensure that it lasts longer.

**(Continued on back)**

**OTHER:**

- \_\_\_\_\_ medication (must be logged in by the school nurse, in original container, only the amount necessary for the trip)
- \_\_\_\_\_ deodorant
- \_\_\_\_\_ toothpaste and toothbrush (in plastic bag)
- \_\_\_\_\_ comb/hairbrush (optional)
- \_\_\_\_\_ chapstick
- \_\_\_\_\_ sunglasses
- \_\_\_\_\_ sunscreen in plastic bag to ensure that it does not explode with change in altitude
- \_\_\_\_\_ flashlight with extra batteries
- \_\_\_\_\_ insect repellent (containing DEET, less than 10% is recommended for children and young adults)
- \_\_\_\_\_ sturdy metal or plastic plate, insulated cup, bowl, knife, fork, and spoon
- \_\_\_\_\_ carrying bag for utensils and dishes (a mesh “dunk bag” works well)
- \_\_\_\_\_ 2 liter-sized nalgene bottles (need to be sturdy and resealable) or a camelbak that carries at least two liters – very important in avoiding altitude illness in camp and on Mt. Sherman

**OPTIONAL ITEMS:**

- \_\_\_\_\_ camera
- \_\_\_\_\_ small pillow
- \_\_\_\_\_ trekking poles for climbing Mt. Sherman (need to be marked with your name)
- \_\_\_\_\_ paperback book to read

**DAYPACK (you will need one):**

You will need to pack the following items in your daypack so you will have them in the van on the first day of your trip. The rest of your gear will not be accessible until arrival at our destination.

- \_\_\_\_\_ lunch for the first day (9/1) with a drink in a non-breakable container
- \_\_\_\_\_ water bottle filled with water or camelbak (please check for leaks)
- \_\_\_\_\_ rain gear
- \_\_\_\_\_ pen, pencil, journal

**DO NOT BRING:** candy, gum, or other food, hair dryers or other electrical appliances, sharp knives, matches, or lighters