Seminar I 2019 Student Gear List

IMPORTANT: Items on this list should be packed all together in one bundle. A large duffel works 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 pair of liner/light gloves
- _______ 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
- _______ 1 set waterproof rain gear -- hooded jacket and pants (No ponchos)
Notes about rain gear:

- Waterproof/Breathable (WP/BR) rainwear is recommended -- examples include Gore-Tex, MemBrain (by Marmot), Dry.Q (by Mountain Hardwear), REI Elements, and HyVent (by The North Face). Rain gear can get a lot of use so investing in a good quality set may ensure that it lasts longer.
- Try the gear on to confirm that it fits; it is important that warm layers can fit underneath the outerwear.
- It is best if rain pants include zippers from the bottom of each leg. This feature allows pants to be put on and taken off over shoes.
- Students will be expected to pack rain gear in day packs daily.

TOILETRIES:

- Toothbrush and toothpaste, carried in a Ziploc bag marked with name
- Hairbrush or comb
- Chapstick SPF 15
- Sunscreen SPF 30+, in Ziploc to ensure that it does not explode with change in altitude
- Insect repellent (containing DEET, less than 10% is recommended)
- Deodorant
- Feminine hygiene products, as needed

PERSONAL ITEMS:

- Day pack
- Small quick-dry, super-absorbent camp towel
- Head lamp (not flashlight) with new batteries, plus extra batteries
- Reusable water bottle(s) with screw cap, totaling minimum of 2L (Camelbacks must have shut-off valve)
- Set of camping dishware and utensils
  - sturdy metal or plastic plate and bowl
  - insulated mug with handle and lid
  - knife, fork, and spoon (No disposable plastic silverware)
  - mesh “mess” bag with a zipper or drawstring and a Carabiner (for attaching to a line to air-dry dishes)
- 1 paperback book (for reading at night time or in the van, optional)
- Sunglasses (optional)
- Healthy sack lunch and drink that is completely disposable (for Tuesday)

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 (8/20) with a drink in a non-breakable container, fully disposable
- water bottle filled with water or camelbak (please check for leaks)
- rain gear
- pen, pencil, journal

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