

Wilderness Orientation-What to Bring List

Any outing into the mountains can bring unexpected changes in itinerary, weather, or camping conditions. We will be traveling above 10,000ft for most of the week and the weather in the Sierra's is very unpredictable. It is essential that you bring **ALL** the items listed, as it is not uncommon to experience heavy rains or even snowstorms, even at this time of the year. Therefore, it is critical to BE PREPARED! On the other hand, when Backpacking we want to travel as light as possible to ease our burden. The less non-critical equipment we can bring the better off we, as a group, will be.

Taking these two factors into consideration a specific packing list is essential. The following will detail some specifics that will make the outing more enjoyable than endurable.

Please make sure to arrive with ALL of these items!

Clothing

This is one area not to cut corners on. However, we don't need a change of clothes for each day, we'll all smell the same when we are done! Also, as a rule, cotton does NOT belong in the wilderness; it has no insulation when wet and takes forever to dry.

- Wool/Fleece Jacket* (2)
- Long Underwear-top* (NO Cotton)
- Long Underwear-bottom*(NO Cotton)
- Wool/Fleece pants*
- Wool/Fleece Gloves (1pr)
- Wool/Fleece Hat*
- Rain Jacket and Pants*
- Bathing Suit, ladies, please bring sport suits (Nike, TYR, Speedo or Tankini swimsuits only).
- T-Shirts (3) best to avoid cotton
- Shorts (2 pair)
- Wool socks (4 pair)
- Liner socks
- Hiking boots* (Broken In)
- Lightweight running shoes*

* See specific info on page 2.

Personal Equipment

- \$ for meals/snacks on road
- Sunscreen/Lip balm
- Sunglasses
- Baseball Cap & Bandana
- Personal Hygiene kit
- Flashlight/Headlamp
- Bible/Journal/Pen
- Cup/Bowl and spoon*
- Water bottle (2)*
- Plastic bags for packing
- Camera
- Clean clothes for ride home

Backpacking Gear

We will provide all backpacking equipment for those who need it. If you plan on bringing your own equipment please take note of specific info about each piece of gear.

- Backpack (Needs to be at least 5,000 cubic inches or 80 Liters)
- Sleeping Bag (Synthetic Bag rated to 15-degrees) NO Down Sleeping Bags!
- Sleeping Pad

Below is some specific information on equipment for the Wilderness Orientation trip.

REI, Sport Chalet, Adventure 16, and Big 5 are all great sources for quality outdoor equipment. You can also find many items inexpensively at your local **Army Surplus** or **Goodwill Stores**. Lastly, **Campmor, REI-Outlet, and Sierra Trading Post** are good online stores that offer quality equipment at good prices.

- Hiking Boots

This is one of the most critical pieces of equipment that you will take on the trip. Your boots must fit your feet well. Select either medium or heavy weight leather hiking boots (not steel-toe or “work” style boots). They must come up over your ankle to provide adequate support for hiking with a loaded pack. **Your boots must be broken in before you arrive for the trip!** One of the quickest ways to ruin a trip is to develop painful blisters from boots that don’t fit well or are not broken in. Start by walking around your house and build up to short hikes while carrying a loaded pack. All boots must be waterproofed as well. We recommend Nikwax, Snow Seal, or Beeswax on leather boots and Scotchguard or silicone spray on Cordura nylon boots.

- Running Shoes

Used for wearing around camp in the evenings and possible backup pair of hiking shoes. These may also be used for river crossings. For this reason, **sandals or flip flops will not be permitted** on the backpacking portion of the trip. Bring shoes that you don’t mind getting wet and dirty.

- Long Underwear

This is your base layer that will draw moisture away from the skin. Lightweight or medium weight Polypropylene, Capilene, or wool/synthetic blend. Long underwear containing cotton will not be acceptable. You will need a long sleeved top and full-length bottoms. **(Available for Purchase @ PLNU).**

- Wool/Fleece Jacket & Pants

This will be your main insulation layer. Wool shirts or pants can be found at many thrift stores and army surplus. Fleece is a little lighter and is a great insulating layer even when wet. **NO Jeans or Cotton sweat pants!**

- Wool/Fleece Hat

The old saying “if your feet are cold, put on a hat” is true. Bring one heavy wool or synthetic hat that will cover your ears.

- Rain Jacket & Pants

We could have sunshine, rain or snow (or some of all three) during your trip. Rain gear needs to be fully **waterproof**, not just water resistant.

- Cup/Bowl & Spoon

Non-Breakable, durable plastic cup and bowl that will keep food warm.

We recommend against metal bowls and cups because hot food and drink can easily burn you thru the metal and they do not keep food warm.

- Water Bottles

Quart size, durable water bottles with a good lid. Nalgene makes a variety of durable water bottles. Bladders (CamelBak, Platypus, etc) are acceptable, but if you bring a bladder, please bring at least one hard water bottle in case the bladder springs a leak. **(Available for Purchase @ PLNU).**

Equipment Check

Your instructors will check your equipment before you leave for your trip and will ask you to leave behind any equipment that is not suitable for the trip. If a piece of equipment is deemed unsafe or likely to fall apart in the field, we will require you to replace it by rental or purchase from a local store. This policy enables us to ensure the entire group has a safe, hassle free experience on the trail.

Questions ? Contact Nate Bondi, Director of Outdoor Leadership & Recreation.

(619) 849-2677 or natebondi@ptloma.edu