

BACKPACKING EQUIPMENT LIST:

Personal Equipment

The following items are required for participating on the Backpacking trips. Some of these items are available to be borrowed from GRAB (marked with a *.) For suggested equipment vendors, see the back of this page.

Equipment Notes

- 100% cotton clothing such as jeans or sweatshirts are not advised. When cotton gets wet from either water or sweat it becomes very heavy and difficult to dry. This in turn increases the risk of hypothermia.
- Polypropylene is a synthetic material used as a base layer primarily to “Wick” water away from the skin. There are many names to describe this material, such as Bergelene (EMS) or Capilene (Patagonia), but it is commonly referred to as “polypro”.
- The weather conditions vary drastically during the month of May, especially in the backcountry. Please select clothing that you can layer, understanding the evenings can be very cool.
- Travel-size toiletries are great to use because they are compact. Please note that there are no showers in the backcountry, so items such as shampoo, conditioner and body wash are not needed on the trip.

Equipment Vendors

The following companies sell outdoor clothing and equipment. There are many such companies, but these are a few of our favorites. You may also find good prices and helpful advice at your local outdoor shop.

REI, Inc. (chain retailer) www.rei.com

L.L. Bean (chain retailer) www.llbean.com

Eastern Mountain Sports (chain retailer) www.ems.com

Campmor (discount retailer) www.campmor.com

Sierra Trading Post (liquidator) www.sierratradingpost.com

Summit Hut (online retailer) www.summithut.com

Mountain Gear (online retailer) www.mgear.com

Personal Equipment

Internal-or-External Frame Backpack*	Backpack volume is measured in cubic inches. You will need 4500-5000 in pack with adjustable hip and chest straps. If you plan to purchase a pack, we highly recommend trying on a variety of styles to find one that's comfortable and fits properly. Packs come in many shapes and sizes for people with different heights and builds.
Sleeping Bag*	20 – 40 degree synthetic fill mummy bag. Down-filled bags are not recommended because they insulate poorly when wet.
Sleeping Pad*	A closed-cell foam pad to insulate you and your sleeping bag from the ground.
Hiking boots and/or trail shoes	Footwear should be comfortable and provide good support. We recommend these should be well broken-in before the trip to avoid blisters on trail. Boots should be loose enough to accommodate 1 pair of liner socks and 1 pair of hiking socks comfortably.
Camp Shoes (your trekking shoes)	One pair of light-weight closed-toe shoes to wear in camp and provide protection while cooking. Sneakers work well. Camp shoes are not only comfortable at day's end, but create less impact on our campsites.
Underwear/Sports Bra	2-3 pairs; sports bra should be synthetic and not too tight.
Wool/Synthetic Socks	3 pairs for hiking and camp. Be sure these fit comfortably in your boots.

