



## WESTERN TRIP CLOTHING AND GEAR LIST

A list of suggested clothing based on our experience is indicated below.

Mark all clothing with indelible ink. Campers will have the opportunity to do laundry on the trip. We recommend wrinkle-resistant clothing that dries quickly. "Good" clothes are not recommended.

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**TIPS ON PACKING:** Campers are allowed only ONE duffel bag (size 26" x 42") Everything - with the exception of your sleeping bag, sleeping pad, pillow, light blanket and any items kept in your daypack - must fit into your duffel bag. You can best organize your duffel by compartmentalizing your clothing. Group similar clothes, such as t-shirts, and place them into plastic bags. Feel free to use bags you have around the house instead of buying new bags. The plastic bags will serve a dual purpose; to help you keep your clothes sorted and easy to reach, and as added protection against moisture and accidental spilling.

**TIPS ON IMPORTANT GEAR:**

**SLEEPING BAG:** You will need a good summer bag with synthetic fill. No goose down or cotton filled bags are allowed. Synthetic will work well when wet and is less expensive than goose down bags. We recommend a synthetic, 20-degree bag.

**HIKING BOOTS:** Boots should extend over the ankle for support. The upper portion should be made of nylon or leather and should have the capacity to become waterproofed. The boot **should be worn for at least 6 weeks before the trip in order to prevent blisters.** They should be waterproofed before the trip.

**RAIN GEAR:** A good rain suit is essential and should include rain pants and a jacket with a hood.

## **Essential List: You must bring these items.**

**The specified number of each item is a sufficient quantity.**

- ( ) 1 baseball type hat
- ( ) 1 fleece or wool hat
- ( ) 1 pair fleece or lightweight wool gloves
- ( ) 1 rain suit, **INCLUDING RAIN PANTS** - NO PONCHOS
- ( ) 1 fleece pull-over (**MUST NOT** be thick or bulky)
- ( ) 1 sweatshirt
- ( ) 2 long sleeve shirts (cotton or microfiber)
- ( ) 8 t-shirts
- ( ) 1 set polypropylene long underwear (light- to mid-weight, not cotton)
- ( ) 4 shorts (hiking/microfiber or quick dry gym)
- ( ) 1 swimsuit
- ( ) 1 pair hiking pants (lightweight 100% cotton or Microfiber)
- ( ) 2 comfortable pants (jeans, sweats)
- ( ) 1 pair hiking boots, broken in & waterproofed  
(\*\*Height of boot **MUST** be above the ankle)
- ( ) 1 pair light gym shoes for water (Texas OK)
- ( ) 1 pair other shoes for comfort
- ( ) 6 Smartwool or Thorlo hiking socks (light- to mid-weight, not cotton)
- ( ) 8 pair socks for everyday/general use
- ( ) 10 pairs underwear
- ( ) 4 bras (at least two sports bras)
- ( ) 1 20 degree sleeping bag with stuff sack
- ( ) 1 sleeping pad with utility strap
- ( ) 1 pillow
- ( ) 2 pillowcases
- ( ) 2 towels (1 large, 1 quick dry)
- ( ) 1 heavy duty laundry bag
- ( ) 1 small headlamp
- ( ) 4 utility straps
- ( ) 4 bandanas
- ( ) 1 pair sunglasses (with croakie)
- ( ) 3 32 ounce/1 liter water bottles (wide mouth)
- ( ) 1 duffel bag with heavy duty side zipper (no Big Bertha bags please)
- ( ) 1-2 daypacks for day hikes and on bus storage (fits on both shoulders)

## **Personal Items:**

- ( ) bug repellent, 100% Deet optional
- ( ) stationary, stamps, envelopes & pens
- ( ) camera with digital memory cards – Rechargeable or battery-powered
- ( ) extra shoelaces for shoes and boots
- ( ) extra plastic bags (not new)
- ( ) extra prescription for glasses
- ( ) spending money
- ( ) sunscreen
- ( ) toothpaste, biodegradable soap and shampoo, deodorant
- ( ) feminine hygiene products

## **Optional Items:**

- ( ) binoculars
- ( ) whistle
- ( ) compass
- ( ) backcountry backpack (camp provides packs)
- ( ) reading material (no e-readers)
- ( ) guitar or other instruments
- ( ) playing cards
- ( ) lightweight blanket
- ( ) heavy jacket (must crush up small, only necessary for very cold person)
- ( ) Camelbak or Hydration Bladder (2 liter, can substitute for 2 water bottles)
- ( ) Crazy Creek chair
- ( ) extra batteries for flashlight and camera

**\*\*\*NO KNIVES or CELL PHONES ALLOWED**

