

FALL GEAR LIST

This list is based on the safety and comfort requirements for students for late summer/early fall in the desert Southwest. Before heading into the field, your Orientation instructors will make a detailed check of all your gear to ensure your success on course. *If a required item is missing or is not suitable, you will be asked to obtain or replace the item before going into the field.*

Please bring ALL YOUR GEAR (everything that is on this list) when we meet for the first day of Wilderness Orientation.

BORROWING GEAR: The Orientation Program has gear for you to borrow if you need it at no cost. We can fully outfit students and this is done on an equity basis and we try to prioritize students with financial need. If you can afford the gear, or have ways to borrow it, we ask that you try to do that first. We also ask that you go through this gear list carefully to see what items you might have that would work well. Not all of the gear listed here is technical gear - you might have it at home already!

BUYING GEAR: Gear buying can be costly. You can try to find great gear at thrift stores or second-hand gear stores. Web Resources: www.sierratradingpost.com; www.campmor.com; www.patagonia.com; www.backcountry.com; www.rei.com. Local gear store in Prescott: The Hike Shack. There are REI's in Phoenix and Flagstaff.

GEAR CONSIDERATIONS:

- **Weather:** Desert temperatures can range from hot, sunny days (90 degrees) to heavy, chilling Monsoon rains (30 degrees). Conditions require participants to be prepared with proper clothing that will keep them warm and safe, even in wet weather.
- **Fabric:** Cotton has no warmth-retaining qualities when wet, and will draw warmth from your body. Most clothing should be poly, nylon, or wool. Synthetic materials retain smells; look for non-stinky anti-microbial fabric. Newer wool products don't itch and don't stink after extended wear.
- **Sleeping:** All Wilderness Orientation students will sleep outdoors with a sleeping bag and sleeping pad. Group tarps will be provided.

Checked off by Instructor	Item	Description
Sleeping Kit		
☐	Sleeping Bag and Compression Sack	You are looking for a mummy-style sleeping bag for backpacking. Bag should be rated to at least 30 degrees Fahrenheit. Down bags are compact but do not provide warmth when wet, so you must be able to take care of your gear if you choose to bring a down bag..

		Polarguard or synthetic bags are warm when wet, but are heavier and bulkier. Old bags do not perform at their original ratings. You will also need a compression stuff sack that fits your sleeping bag.
☐	Ground Pad	Either insulite or inflatable sleeping pad.
☐	Ground Sheet	A 5x7' thick plastic or nylon (2mil) sheet for use at night. Painter's tarp or tyvek is great.
☐	Personal Tarp & Cord	A 6'x8' tarp for use on Solo plus 100' of nylon parachute cord to rig the tarp. (We will provide all group sleeping tarps). <u>Solo:</u> All Orientation students are encouraged to participate in Solo. This is a 3-day 2-night period spent apart from other group members. Students will need to have their own solo tarp and follow program-wide safety protocols.
Top		
☐	Backpack	Internal frame with 65 - 75 Liters. Have the pack fitted to you! Personal gear should fill your pack half-way (food and communal gear will be divided among your group). Simplicity goes a long way.
☐	Rain Jacket	Hooded jacket, single or double layer Gore-Tex (not a rain slicker and not a ski jacket). Should be big enough to accommodate all your warm layers. The ability to pull pants over your boots is a plus.
☐	Warm Layer	A heavy fleece, a wool sweater, or a synthetic puffy jacket. Hoods are great.
☐	Long Underwear Top	Should be synthetic or wool. You can bring an optional second pair if you get cold easily.
☐	T-shirts	2 - synthetic, wool, or cotton.
Bottom		
☐	Rain Pants	Pants - Need to be water resistant at the very least! Should be big enough to accommodate all your warm layers. The ability to pull pants over your boots is a plus!
☐	Long Underwear Bottom	1 set - bottom required. They should be synthetic or wool. You can bring an optional second pair if you get cold easily.
☐	Shorts	Synthetic quick-dry style. Zip-off legs are great. Male bodied folk – buy shorts with liners to prevent chafing.

		Tight fitting shorts (synthetic leggings or workout style) also work well.
☐	Underwear	Female: Bring 4 pairs of synthetic underwear and 2 pairs of cotton. If you are prone to yeast infections, bring Diflucan (prescription) or cranberry concentrate pills for UTI's. Male: Bring at least 2 pairs of synthetic or wool underwear.
Headware		
☐	Warm Hat	Fleece or wool.
☐	Sun Hat	Brim to keep the Arizona sun off your face.
☐	Headlamp	Imperative when you need to be hands-free. Bring at least 1 set of extra batteries.
Feet		
☐	Hiking Boots/Shoes	You can choose to bring hiking shoes or boots. Boots should be broken in prior to heavy use. Both hiking shoes and boots should be medium-duty and suitable for rugged terrain. Many people wear approach-style shoes as well. Find a brand that fits YOU well.
☐	Shoes	A 2 nd pair of shoes for use in camp, swimming, and day hikes is required. Sandals must have heel strap. Old tennies, Crocs, or light trail runners serve as a good back-up shoe if boots fail. (For those who are canoeing, these will be your boat and water shoes as well).
☐	Socks	4 mid-weight, high-quality synthetic pairs. No cotton.
Accessories		
☐	Stuff Sacks	Three 15-20 liter stuff sacks for food and gear organization.
☐	Bowl/Spoon/ Insulated Mug	For eating, hot drinks, and short-term food storage. It's nice to have a lid.
☐	5x7" 3-ring binder	With paper, dividers, pens & pencils. These are hard to find, try Staples or Walmart.
☐	Tyvek Envelope	These are free at the post office - please grab 2.
☐	Blister Protection	Mole skin or other first-aid type skincare product.
☐	Water Bottles	4L carrying capacity. You can combine a camel-back/MSR dromedary type water bag with nalgene-type water bottles if you'd like. You can also

		use gatorade bottles or Smartwater bottles to save money.
☐	Lighter	A simple lighter is fine.
☐	Identification	Students must carry a copy of their picture ID as well as their insurance information. \$15.00 of cash is useful during transportation to and from trailheads or in case of evacuation.
☐	Watch with alarm	Simple water resistant watch with alarm suggested.
☐	Bandana	Bring a couple for multi-use as sun protection, table cloth, pee rag (we'll explain), hanky.
☐	Sunglasses	UV protective
☐	Food	Your prepaid Orientation Fee covers the majority of the food costs for the course. You will be planning and purchasing food as a group.
Toiletries		
☐	Sun Protection	A high SPF sunscreen with uva-uvb protection or helioplex. 2 x small tubes. And, a small tube of aloe vera is good for soothing sunburn.
☐	Toothbrush	Small travel size is best
☐	Toothpaste	2 x small travel size is best
☐	Baby wipes	You'll need these to stay hygienic and clean.
☐	Tampons, Pads, or Menstrual Cup	Female bodied students: It is normal to have an abnormally timed menstruation cycle in a new environment and with increased physical activity. Bring enough for two cycles!
☐	Chapstick	
☐	Bug juice	You may want to bring a small amount of deet or bug spray.
**We suggest not bringing hair products, but for textured hair you may need to bring products to keep your hair healthy. If you do decide to bring additional products, choose ones that are small and light. You know best!		
Optional - But HIGHLY Recommended Items		
☐	Sun/Hiking Pants	Cotton sun pants/yoga pants/leggings, or nylon hiking pants, or lightweight softshells. Highly recommended.
☐	Trekking Poles	Highly recommended for our WINTER routes.

☐	Sun shirt	Long sleeve, lightweight cotton or synthetic shirt (sun hoodies, pearl snaps are great!). Highly recommended.
Optional Items (To bring if you have the room!)		
☐	Gloves	Lightweight wool are best.
☐	Camera & Protective Case	
☐	Binoculars	
☐	Pocket Knife	
☐	Colored Pencils/Watercolors	
☐	Book	
☐	Small Camp Chair	Crazy creek or thermarest converter
☐	Musical Instruments	
☐	Gaiters	