



ESCALANTE Lightweight Backpacking

PACKING LIST

Let's Get Packing!

Whether this is your first expedition or you are a seasoned adventurer, having the right gear for your course can make all the difference; and we're here to get you 100% ready to go! There is no need to buy all new equipment for your first trip! Follow these money saving tips below to have what you need without breaking the bank.

Money saving tips to get what you need:

1. Use What You Have or Borrow It

We recommend you start with looking over the packing list and seeing what you already have. Don't have it? See if you can borrow it from an outdoorsy friend!

2. Rent It

SROM has a variety of items that you can rent at an affordable rate. We strongly recommend this for big ticket items like a backpack. Advance notice is required.

3. Shop the Sales

Don't wait until the last minute to purchase equipment! At the end of the packing list we have provided a list of retailers you can check out to find great deals.

4. Purchase It

Often, you get what you pay for in terms of quality, but that doesn't mean you need the nicest items. Think about how much use you would like to get out of the gear you purchase, and that can help you determine how much you want to invest in an item.

Using This Packing List

Our packing lists are detailed to help equip participants with functioning gear that has been successful on SROM courses for over 40 years! Trust us when we say that the items listed as **Required** are non-negotiable. You must have items listed as required. **Recommended** items you may greatly appreciate having while on course, but they are not required. **Optional** items are things you might appreciate having depending on your preferences. All items we have available to rent are listed with a price under the rental column. Our rental and equipment policies can be located after the packing list.

Questions?

If you have questions about gear, feel free to connect with our Customer Support staff by emailing support@srom.org or calling 307.755.0642. We look forward to helping you prepare!

Personal Gear				
Level of Necessity	Qty	Item	Description & Examples	Rental Price
Required	1	*Internal Frame Backpack	Expedition-quality 60-70 Liters. See below.	\$15.00
Required	1	Rain Cover for Pack	Pack cover must be large enough to cover your pack fully.	Included in backpack rental
Required	1	Sleeping Bag	Mummy bag rated ~30 °F. Lightweight, down or synthetic.	\$10.00
Required	1	Compression Stuff Sack	Medium size stuff sack with compression straps. Must fit your sleeping bag.	Included in sleeping bag rental
Optional	1	Sleeping Bag Liner	Lightweight liner to help keep your sleeping bag cleaner and warmer. Silk recommended.	X
Required	1	Sleeping Pad	Full-length closed cell foam pad or lightweight inflatable pad	\$ 7.00
Required	1	Sleeping Pad Repair Kit	In case of a hole in your inflatable sleeping pad	Included in pad rental
Optional	1	Camp Pillow	Small, lightweight, packable, inflatable camp pillow	X
Required	1	Trekking Poles	Trekking poles that are lightweight and collapsible. Black Diamond highly recommended.	\$7.00
Required	1	Headlamp (with fresh batteries)	Lightweight and durable LED headlamp	X
Required	1	Camp Chair (or Foam Pad)	Crazy Creek Hexalite chair style: simple, lightweight chair for comfort during lessons and meals. Bring a foam pad at minimum if not wanting to bring a chair.	\$5.00
Required	1	Camp Bowl with Lid	Lightweight bowl (~32oz) with secure lid. GSI Fairshare highly recommended.	X
Required	1	Personal Spoon	Durable and lightweight. No "Light My Fire" utensils.	X
Required	1	GSI Pot Scraper	Great for keeping your dishes clean in the backcountry!	X
Recommended	1	Drink mug	Lightweight mug with a lid for hot drinks	X
Recommended	1	Personal Water Filtration	Sawyer Mini or equivalent, may attach to end of water bladder. SROM will provide Aquamira water treatment drops.	X
Required		Nalgene(s) and/or Water Bladder	Students must be able to carry at least 3 liters of water at a time. Recommend carrying one 2 Liter water bladder and one Nalgene.	X
Required	1	Wrist Watch	Waterproof watch with an alarm. Please know how to set the alarm on your watch. No smartwatches allowed.	X
Required	1	Pocket Knife or Multi-tool	Simple, lightweight, collapsible blade (2-3 inches blade length)	X
Required	1	Emergency Whistle	Small, light, loud whistle. Must be separate from a whistle attached to a pack strap.	X

Backpacks should be at least 60-70 liters. A 50-55 liter pack may work if your personal gear and clothing is very lightweight and succinct. Internal frame packs are required. If you are purchasing a pack at a store, please discuss sizing and fit with an outdoor salesperson and ask them for help choosing the best pack for you. Be sure to specify that you are going on a

multi-day backpacking expedition. We recommend Gregory®, Osprey®, Deuter®, and REI® as they provide high quality packs and have helpful websites. We do not recommend Jansport®, Kelty®, or Coleman®, and if you already have a pack from one of these brands, you must speak with SROM Customer Support before bringing your pack.

Personal Clothing				
Level of Necessity	Qty	Item	Description & Examples	Rental Price
Required	1	Long Sleeve Sunshirt or Sun Hoody	Lightweight wool or synthetic fabric for sun protection	X
Recommended	1	Long Sleeve Base Layer	Light-weight base layer; Synthetic or Wool (wool recommended)	X
Recommended	1	Short Sleeve Base Layer	Short sleeve wicking shirt or modest tank top	X
Optional	1	Long Sleeve Insulating Pull-over	Mid to light-weight fleece	X
Required	1	Down or Synthetic Jacket	Lightweight insulated jacket (down or synthetic). Hooded preferred. 600+ fill for down recommended.	\$15.00
Required	1	Rain Jacket	Waterproof, lightweight, packable with a hood	\$15.00
Required	1	Hiking pants	Lightweight, synthetic hiking pants; convertible pants optional but not necessary.	X
Optional	1	Long Underwear Bottoms	Long underwear baselayer bottoms, wool or synthetic	X
Recommended	1	Hiking Shorts	Nylon, quick dry	X
Optional	1	T-shirt	1 cotton t-shirt or tank for sleeping	X
Required	2-3	Underwear	Synthetic, quick drying	X
Required (for women)	1-2	Sports Bra	Synthetic, quick drying	X
Required	2 - 3 pair	Hiking Socks	Medium weight wool or synthetic blend hiking socks	X
Recommended	1 pair	Liner Socks	Lightweight wool or synthetic blend liner socks	X
Recommended	1	Insulating Hat	Warm wool or fleece hat - aka a beanie; required if your puffy jacket does not have a hood.	X
Required	1	Ball Cap / Visor / Sun Hat	Lightweight, quick-drying hat for sun protection for face and neck	X

Clothing should be lightweight and designed for backpacking. Cotton is not allowed other than for a sleeping shirt. Nylon pants and quick-dry shirts will be the clothes you spend most of your time in.

Foot Protection			
Level of Necessity	Qty	Item	Description & Examples
Required	1	*Boots or Sturdy Hiking Shoes	Please see information below regarding boots and recommendations.

Required	1	Camp Shoes	Lightweight, fast-drying, closed-toed shoes for use around camp. Absolutely no Chaco sandals, flip flops, FiveFingers, or normal Crocs. Astral Loyak Water Shoes work very well and weigh very little. Old lightweight running shoes with good traction also work well.
Required	1	Personal blister care kit	1 roll of athletic tape or Leuko tape and 1 sheet of moleskin

Boot/Shoe Selection

Your boots are the most important piece of equipment that you will bring for your course. Foot care cannot be taken lightly in the backcountry; protecting your feet is vital to safety and success. Waterproofing is not necessary as this trip will include substantial time walking in water.

Please consider how much support you may need when choosing boots. A lighter weight boot may be appropriate for some, while some may need more structure and support in their boot. We recommend quality brands (such as those that you could find at REI). Do not purchase boots from Walmart, Target, etc.

Please speak with SROM Customer Support if you need help in making a selection.

Personal Toiletries			
Level of Necessity	Qty	Item	Description & Examples
Required	1	Sun screen	Minimum SPF 30; 2-3 oz bottle
Required	1	Lip balm	Chapstick with SPF 15+
Required	1	Toothbrush	Travel toothbrush (with a cover for bristles) is ideal.
Required	1	Toothpaste	Travel size (1 oz) tube
Required	1	Hand sanitizer	Travel size (1-2 oz) bottle
Required	1	Wet wipes	~2 wipes per day in small package or ziploc
Required	1	Personal waste disposal bag	Quart size Ziploc bag to pack out wet wipes, toilet paper, feminine hygiene products, etc. (You may want to cover the outside in duct tape.)
Optional	1	Biodegradable soap	There will be a group bottle available. Optional to bring a personal bottle. Bring travel size bottle.
Required (for women)	As needed	Feminine hygiene products	Enough tampons or pads for 1 cycle; extra wet wipes.
Required	1	Bag for toiletries	Small, lightweight bag for keeping personal toiletries organized
Required	1	Personal medications, glasses, and/or contacts.	SROM instructors carry many OTC medications in the first aid kits. However, if you regularly take an OTC med., please bring your own supply. Bring your own prescriptions.

Personal Medication: If you are bringing prescriptions, we need full disclosure of the medications you are bringing on your course Medical Form. All prescriptions must be under your name and in their original containers.

Personal Items			
Level of Necessity	Qty	Item	Description & Examples
Required	1	Sunglasses	100% UV protection; recommend no metal frames

Recommended	1-2	Buff or Bandanas	Helpful for personal hygiene, cooking, and cleaning
Required	1	Bible	Lightweight travel size, includes both Old and New Testaments
Required	1-2	Pens/Pencils	For journaling or taking notes during lessons
Optional	1	Notebook/Journal	SROM provides students a 5.5 x 3.5 inch custom 40-page journal. Students may choose to bring an additional notebook or journal; should be compact and lightweight.
Required		Extra cash and/or credit card	\$20 - \$30 for a meal at the end of course and possible gas station snacks on the road if riding part-way with SROM
Recommended		Personal snacks	SROM provides all the food you will need. If there are snacks you would like to have (Clif bars, gummies, jerky, dried fruit, etc.), we recommend not bringing more than 1 Sandwich size ziploc worth with you into the field.
Recommended		Electrolytes	~1/day powdered electrolyte packs - many good brands available, recommend LMNT, Propel, Nuun, etc
Optional		*Coffee or other hot beverage	SROM provides hot tea and hot cocoa but no coffee . If desired, bring your own and a way to brew it. See below "Drinks."
Recommended	1	Camera	Small, lightweight camera with durable case. Cell phones are not allowed on course.
Optional	1	Deck of playing cards	
Optional	1	Binoculars	
Recommended	1	Extra change of clothes for use at the beginning and end of the course.	

Start Preparing

There is a lot to get before your course, so please start looking now. It will be very difficult and stressful to try and cram all of your shopping and packing into the last week before your course. If you start now you will have more time to find exactly what you need at the most reasonable price.

We recommend looking online for discounted prices. Doing a quick Google Shopping search will often yield helpful results with a good idea of a reasonable price range. Additionally, we've listed a few websites that often offer good discounts on equipment:

- Sierra (www.sierra.com)
- REI Outlet (www.rei.com/outlet)
- Steep and Cheap (www.steepandcheap.com)
- The Clymb (www.theclymb.com)
- BackCountry (www.backcountry.com)
- MooseJaw (www.moosejaw.com)
- Gear Trade (www.geartrade.com)

SROM Equipment Policy

SROM equipment selection and the outfitting of each student are critical to the success of each course. Proper equipment drastically affects the course in terms of safety and comfort. At the beginning of each course, students check out group gear. During this gear check-out time, students inspect equipment and note any

pre-existing wear or damage. When students return gear, SROM staff inspect it as it is checked in. Any gear damage observed at check-in that was not previously noted at the time of check-out becomes the financial responsibility of the students. Lost or damaged group gear will be charged on a pro-rata basis to all members of the group that were using the gear. Students will be informed of all charges related to damaged or lost gear, and those itemized charges will be added to their invoice.

Rental Items

Once you know what you need to rent, please email support@srom.org with a list of what you need to rent. Advance notice of at least two weeks is required as your instructors will be bringing these items with them from Laramie to your starting location. These items will be added to your invoice, and payment in full is due upon receipt of your updated invoice. As with the group gear, you are responsible for any damage while using these items on course.

Other Useful Things to Know for Packing

Gluten-Free Information

SROM provides high-quality backcountry food, and teaches students how to successfully cook meals from a ration system. We also seek to accommodate food allergies when feasible. However, due to the increased cost of providing a gluten-free ration, any student requesting to eat gluten-free (whether due to medical necessity or personal dietary preference) will be charged an additional \$85. Thank you for understanding this policy.

Drinks

SROM provides teas (caffeinated and non-caffeinated) and hot cocoa in the food rations but **not** coffee. Students who crave a cup of coffee will need to bring their own coffee and supplies. In the SROM Store, we sell the MSR MugMate coffee/tea infusers which are a great way to brew coffee in the backcountry. Instant coffee is another good option! If you have questions or need suggestions for “brewing up” in the backcountry, feel free to reach out, and we’d love to help!