

Westminster Outdoor Program

Personal Equipment List | Camping & Canyoneering



Concepts to Consider

There are inexpensive options for most things on this list and some things could be duplicate items. We suggest that you make your pile and see what's left. Then, see what you can borrow, find at thrift stores, etc. When in doubt, reach out! Feel free to email us with gear questions. We would definitely recommend checking in before making any big purchases.

- Use gear that you already own. The best systems are the ones you've tried out and are comfortable with. Bring lots of options, we'll help you pare down to what you really need.
- All group gear (tents, cooking equipment, food, maps, climbing gear, etc.) will be provided. All gear on the list below is required unless it's in the optional section.
- * = Items available to borrow from the Outdoor Program for the trip at no additional cost

X	Item	Quantity	Comments
Packs and Bags			
	Duffel Bag/Large Backpack	1	Any large bag that can hold all of your gear for the trip. Backpacks are just fine!
	Day Pack*	1	Sturdy ~25L day pack that can hold your gear for the day: food, water, layers, etc. Bring one you don't mind getting worn/scuffed up a bit.
Sleeping Gear			
	Sleeping Bag*	1	Down or synthetic down (no cotton) 15-20 degree F bag will work well in the conditions we will encounter.
	Sleeping Pad*	1	These can be closed-cell foam or inflatable. They help pad and insulate you from the ground. Closed-cell foam pads are more durable, versatile and lighter than inflatable pads - which tend to get holes but can be warmer.
Upper Body Clothing			
Think about your clothing in layers: inner (next-to-skin or base,) mid (insulating, or "puffy") and outer (shell, or wind and water protection.) The layers are meant to be worn together and should fit well over one another. Wool and synthetic fabrics retain their warmth when wet, wick moisture away from skin, and are great for cold and moist situations. Cotton retains moisture, which can be nice for hot dry weather but you wouldn't want to rely on cotton for warmth especially when wet. The OP has some clothing available to borrow for the trip.			
	Sports Bra	1-2	(If applicable and/or preferred) Sports bras should be non-cotton. Depending on preference, non-cotton tanks work well also.
	Shirt	1	Lightweight ,long sleeve synthetic shirt for layering under your warmer clothes and for daytime activities. Many folks prefer a shirt that is light, long-sleeved, and has a collar or hood for both sun and bug protection.
	Base layer	1	Light or midweight synthetic or wool long sleeve top (long underwear) to be worn next

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			to your skin.
	Insulating Layers*	3	One good combination is a light to mid weight fleece, an insulating vest (either “puffy” or thicker fleece) and a long-sleeved synthetic or down “puffy” with a hood to go on top. Synthetic insulation will dry faster and will retain more warmth compared to down. Insulating layers with hoods provide more warmth and versatility.
	Rain Jacket*	1	Durable, waterproof, non-insulated jacket with a hood. It is important that you rain jacket fits over all of base and insulating layers when worn together.
Lower Body Clothing			
	Underwear	2-3 pairs	(If applicable and/or preferred) Briefs and boxers and underwear should be synthetic or wool. Women should consider a cotton crotch for breathability.
	Shorts	1 pair	Lightweight, loose-fitting, quick-drying shorts. Leggings could also work here.
	Climbing/ Hiking Pants	1 pair	Loose-fitting pants or leggings that are comfortable for climbing and protect your legs from the rock. Wear pants you wouldn’t mind ripping or getting worn through – thrift stores can be your friend here.
	Base layer	1	Light or midweight synthetic or wool long sleeve bottoms (long underwear) to be worn next to your skin.
	Insulating Layer	1	Mid to heavyweight fleece bottoms that fit well over the base layer bottoms and under the synthetic pants (below).
	Rain Pants*	1 pair	Water Proof/Water Resistant Pants
Head, Hands, Neck Gear			
	Sun Hat*	1	Anything to keep the sun off your face, ears, head, and neck. Consider a full brim - ball caps and visors often work just fine.
	Warm Hat*	1	A warm winter hat/beanie that covers ears.
	Thin Gloves	1 pair	A thin pair of gloves or glove liners will keep your hands warm while leaving you with enough dexterity to perform common tasks around camp.
Footwear			
	Hiking Footwear	1 pair	Sturdy trail running shoes, sneakers, or approach shoes will work just fine. Must be closed-toe.
	Camp Shoes	1 pair	To air out your feet after the canyons (hiking shoes might get wet), crocs or athletic sandals work well, must have a heel strap.

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	Socks	3-4 pairs	Wool and synthetic fabrics or blends will keep your feet drier, warmer, and happier. Consider having a hiking pair (mid weight), a camp pair (mid-heavy), and a pair for sleeping (heavy.)
Miscellaneous Gear			
	Water Container*	2	Two 1 liter containers. Platypus style bladders are great because they are light. They also can be punctured easily. We recommend having at least one hard-sided bottle. Gatorade-style bottles are a fraction of the weight of a Nalgene. Nalgene can double as a hot drink container.
	Hot Drink Container*	1	Insulated mugs are great. You could also consider a 16oz. "baby" Nalgene for both a rigid water container and a hot drink container.
	Sunscreen	~3oz.	SPF 30 and above. Clothing and hats provide the best sun protection and help save weight in sunscreen.
	Lip Balm	1	Make sure your lip balm has SPF!
	Sunglasses with case	1	Check your sunglasses for 100% UV protection. Polarization can also be a nice feature to reduce glare.
	Headlamp*	1	Lightweight and durable. Begin the trip with fresh batteries
	Toothbrush & Toothpaste	1ea.	Travel size of each works well.
	Hand Sanitizer	~2oz.	This is NOT a replacement for handwashing every day after going to the bathroom and before cooking.
	Menstrual Products	Usual + 10%	Calculate what you typically use for each cycle and add 10%. Physical activity, diet, and stress can change one's cycle in many different ways. Menstrual cups can be a good option for the backcountry as long as you have tried out the system and figured out your preferences before the semester begins. Consider bringing a small opaque stuff sack for discrete storage of used tampons and pads.
	Other Toiletries	-->	Compact comb or brush, hand lotion, medications, vitamins, etc. If you are prescribed medications, please plan ahead and bring enough for the entire trip. Please contact us if you are considering not taking your prescription medications on the trip.
	Bandana	1-2	These are super handy for lots of things from washing to sun protection. Consider bringing an additional bandana to use as a pee rag.
Canyon Equipment			
	Harness*	1	You're welcome to bring your personal harness which you can use if approved by leaders - bring it if you have it!

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	Climbing Helmet*	1	You're welcome to bring your personal helmet which you can use if approved by leaders - bring it if you have it!
	Belay Device & Carabiner*	1	You're welcome to bring your personal belay device and carabiner which you can use if approved by leaders - bring it if you have it!
Optional - Some Items are Highly Recommended!			
	Sit Pad	1	A small square of foam pad for use in camp. If you are bringing an inflatable pad, this is highly recommended. If you are bringing a foam pad, you can use that to sit on.
	Ground Cloth	1	Ground cloths should be light but durable enough to protect from punctures and just bigger than your sleeping pad. This is highly recommended for anyone with an inflatable pad to prevent holes!
	Book or E-Reader	1	Consider protective cases for e-readers.
	Watch	1	A watch that is waterproof and has an alarm is ideal.
	Pencil/Pen & Small Notebook	1 ea.	Mechanical pencils work well on waterproof paper and you don't have to sharpen them.
	Wind Shirt	1	Lightweight, breathable nylon wind shell. These take the edge off of windy conditions to help keep you warm without the clammy feeling of wearing a rain jacket when it's not raining. It also helps preserve the life of your rain jacket. Does not need to be waterproof. The Patagonia Houdini jacket is one great example.
	Head Net	1	For insects. Light non-wired models work well - especially when draped over sun hats.
	Insect Repellent	~1-2oz.	Small travel-size container. We don't anticipate encountering too many insects, but you never know!
	Sunglass Retainer	1	Make sure the attachments to the earpieces are secure and that there's a way to cinch them onto your head. This is especially important on the water.
	Pocket Knife	1	The smaller and simpler, the better. Not everyone needs a pocket knife.
	Camera	1	Consider if you have another device that works for this
	Ear Plugs	1-2 pairs	If sleeping near other people, snoring, sounds of nature, etc. might keep you from sleeping, we recommend bringing some simple foam ear plugs!

Notes: