

Gear Checklist Spring 2020

This list is subject to change. Last update 2020 Jan 15.

Student Name _____

Checked by _____

We must have one checklist for each student before we depart. Consider durability, volume, and weight in checking all gear. **WalMart, Coleman, Mystery-Amazon, etc. brands are not acceptable for critical gear.**

- Tent or bivy sack
 - If sharing: Check Parke has received email of consent from each sharer
 - Tent capacity does not exceed number of users
 - Acceptable quality. No WalMart/Coleman/Mystery-Amazon brands.
 - Set up tent to ensure student has everything needed
- Pack
 - Pack fits student well
 - Acceptable quality. No WalMart/Coleman/Mystery-Amazon brands.
- Pack cover/trash bags/big poncho
- Sleeping bag
 - $\leq 20^{\circ}$ F rating men, $\leq 10^{\circ}$ F rating women (lower ratings preferred if you often feel cold, if bags labeled women's are an option, women should pick that)
 - Sleeping bag stuff sack
 - Acceptable quality. No WalMart/Coleman/Mystery-Amazon brands.
- Sleeping pad
 - Acceptable quality. No WalMart/Coleman/Mystery-Amazon brands.
- Water bottles and/or bladder (≥ 4 L total capacity)
 - Minimal chance of leakage in pack.
- Snacks
 - ≥ 4000 Cal total men, ≥ 3000 Cal total women (1/3 in truck)
- Eating utensil
- Base layer bottom
 - Non-cotton
- Base layer top
 - Non-cotton
- Pants
 - Non-cotton
- Insulative top
 - Non-cotton
- Insulative jacket
 - Non-cotton

- Rain shell or poncho
- Insulative hat
 - Non-cotton
- Socks
 - ≥ 2 pairs
 - Non-cotton
- Footwear
 - Worn in
- Knife
- Matches/lighter
- Headlamp
 - Batteries sufficient for 24 h of use (1/3 in truck)
- Notebook, pencil, ziploc
- Sunscreen (shareable)
 - ≥ 1 oz per person
- Toilet paper or rear end cleaning solution
- Sunglasses
- Soap or sanitizer (shareable)
 - Sufficient for 16 uses / person

Have the student pack their pack with all required gear, all optional gear they are bringing, 4 days of food (breakfasts, snacks, dinners), and 2 L of water, and check:

- All items fit in or securely on the pack
- Total pack weight with 4 days food and 2 L water < 40 lb (without food and water, pack should weigh < 32 lb)