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.
- Any necessary medications (verbal confirmation, no need for details)
- Water bottles and/or bladder (\(\geq 4\ L\) total capacity)
  - Minimal chance of leakage in pack.
- Snacks
  - \(\geq 4000\ Cal\) total men, \(\geq 3000\ Cal\) 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)