Gear Checklist Spring 2020

This list is subject to change. Last update 2019 Nov 12.

Student Name __________________________
Checked by ___________________________

We must have one checklist for each student before we depart. Consider durability, volume, and weight in checking all gear.

☐ Tent or bivy sack
  ☐ If sharing: Check with Parke has received email of consent from each sharer
  ☐ Tent capacity does not exceed number of users
  ☐ Set up tent to ensure student has everything needed

☐ Pack
  ☐ Pack fits student well

☐ Pack cover/trash bags/big poncho

☐ Sleeping bag
  ☐ ≤ 20° F rating men, ≤ 10° F rating women
  ☐ Sleeping bag compression sack

☐ Sleeping pad

☐ Matches/lighter

☐ Water bottles/bladder (≥ 2 L total capacity)

☐ Snacks
  ☐ ≥ 4000 Cal total men, ≥ 3000 Cal total women (half in truck)

☐ Eating utensil

☐ Base layer bottom
  ☐ Non-cotton

☐ Base layer top
  ☐ Non-cotton

☐ Pants
  ☐ Non-cotton

☐ Insulative top
  ☐ Non-cotton

☐ Rain shell or poncho

☐ Insulative hat

☐ Socks
  ☐ ≥ 2 pairs
  ☐ Non-cotton

☐ Footwear
  ☐ Worn in

☐ Knife
- Headlamp
  - Batteries sufficient for 32 h of use (half in truck)
- Notebook, pencil, ziploc
- Sunscreen (shareable)
  - ≥ 3 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 is reasonable (rule of thumb < 30% body weight, ideally < 20%)