

## First Ascent WILDERNESS – Packing List

We are excited that you are attending First Ascent WILDERNESS this summer! Please consult the following gear list when preparing for your trip. Remember that a backpack is a finite space and the more you bring the heavier the pack. Bringing the proper clothing on the trip is essential. Because backcountry environments are characterized by unpredictable weather it can get cold/hot/rainy/beautiful any time of the year so you should bring everything on the list. Keep in mind we do supply personal gear such as sleeping bags, sleeping pads, and backpacks free of charge (see below for details)

*If you would like to bring extra snacks, drink mix, or wet wipes please feel free to do so. Cell phones/MP3 players are not allowed on the trip.*

Enjoy the rest of your summer and we look forward to seeing you soon. If you have any questions, comments, or concerns please feel free to contact us.

Sincerely,

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## Footwear

<i>Item</i>	<i>Quantity needed</i>	<i>Comments</i>
Hiking Boots	1 pair	Sturdy hiking boots designed for carrying a pack of 30-50lbs. They must have ankle support. Make sure boots are well fitted and well broken in.
Socks	2-3	Synthetic or Wool socks such as "Thor-lo" or "Smart wool" work best. Cotton socks are not recommended.
Camp Shoes	1 pair	This is your extra footwear for around camp and the occasional stream crossing. Lightweight running shoes or Teva/ Chaco style sandals work best. Flip-flops or sandals that do not have a strap around the back of the heel will not be allowed.

## Upper Body Clothing

<i>Item</i>	<i>Quantity needed</i>	<i>Comments</i>
Sports bra	1 or 2	Again, synthetic or non cotton only.
T-shirt	2	A single cotton or synthetic t-shirt is all you need.
Insulating layer	1 or 2	A mid weight wool sweater, fleece, or pile jacket to provide warmth on cool mornings and evenings, bring two layers if you get cold easily. Cotton items such as sweats are not acceptable.
Windbreaker	optional	A simple thin lightweight shell is nice to keep the winds from coming through your insulation layers.
Rain Parka	1	A simple lightweight hooded parka made of Gore-Tex or coated nylon. Make sure it is waterproof not just water-resistant. Plastic jackets or ponchos will not work.

## Lower Body Clothing

<i>Item</i>	<i>Quantity needed</i>	<i>Comments</i>
Underwear	2-5 pairs	Keep one pair dry for sleeping in.
Shorts	1 pair	Nylon swim shorts work best.
Long pants	1 pair	Nylon or other synthetic only. These provide an extra layer for warmth and protection. Convertible pants that zip off into shorts work well.
Wind or rain pants	optional	Wind pants are nice to keep the wind from penetrating your under layers, rain pants will help keep you dry around camp if it is raining.

## Miscellaneous Clothing

<i>Item</i>	<i>Quantity needed</i>	<i>Comments</i>
Warm hat	1	Any sort of synthetic, wool, or fleece hat. Some people call these ski hats. It must cover your ears.
Sun hat	1	A regular baseball cap will work fine, this is to keep the harsh sun from your eyes and face.
Swimsuit	Optional	You can always wear your shorts and sports bra instead.

## Toiletries

<i>Item</i>	<i>Quantity needed</i>	<i>Comments</i>
Tooth brush/ Tooth paste	1	Try to bring a small tube of tooth paste, not the giant family size.
Sunscreen	1	SPF of 15 or more, small container.
Tampons		Even if you don't think you will need them. Changes in activity levels can cause irregular patterns.
Eye glasses or contact lenses		If you wear prescription glasses bring a spare pair in a sturdy case. Even if you plan to wear contacts, plan to bring glasses in case of irritation of eyes.
Comb or brush	optional	

## Miscellaneous Equipment

<i>Item</i>	<i>Quantity needed</i>	<i>Comments</i>
Water bottle	2	You will need to have 2 liters capacity of water. This means 2 big "Nalgene" bottles. You can substitute a camelback or other water bladder for one bottle. Liter size soda bottles work fine.
Sunglasses	1 pair	Recommended.
Trash bags	2	These are used to waterproof your gear inside your backpack. Trash compactor bags work best, but very sturdy trash or lawn bags also work.
Zip-lock bags	6	Also used to waterproof gear. Thick gallon size freezer bags work best.
Pocketknife	optional	Small penknife, "Swiss army" or multi-tool knives with can openers are best. Large knives with blades over 4 inches will not be allowed as they serve no purpose
Watch	optional	Should be water resistant with an alarm.
Bandannas	2 optional	Great for a variety of purposes from wiping you glasses to providing extra sun coverage under your hat.
Trekking poles	optional	Good for extra stability in uneven terrain or when carrying heavy loads. Also helps save knees on down hills.
Camp chair	optional	"Crazy Creek" or similar.

## Camping Equipment

*\*if you have the items below you may want to bring them. If you do not have these items, they are available for free through Base Camp*

<i>Item</i>	<i>Quantity needed</i>	<i>Comments</i>
Backpack	1	
Sleeping Bag	1	Recommend one that is less than 3.5 lbs., easily stuffs
Head Lamp or flashlight	1	AA or AAA battery type with extra batteries
Plastic Bowl	1	
Utensils (fork, spoon)	1	
Compass	1	

## Items NOT to Bring

<i>Item</i>	<i>Comments</i>
Electronics	MP3 players, cell phones, PSP, etc. Parents: Your child does not need a cell phone-if there is an issue <b>we will contact you</b> - Students: You will be here for the community and wilderness experience and MP3 players/Phones are not consistent with that technology.
Deodorant	Deodorant attracts bugs and bears
Make-up	You already look Fabulous Dahling...