



1st borrow either from friends, 2nd rent from outdoor shop (REI, Great Outdoor Provision Company, Townsend Bertram & Company), 3rd buy used, 4th buy new.

Email pyarborough@truettcamp.org if you have questions.

| Upper Body Layers | | |
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| <p>We layer our clothing, combining different garments to achieve optimum insulation and protection from wind, rain, and snow. We use either synthetic or wool fibers, both of which insulate when wet; merino wool products are increasingly popular. We avoid cotton, which is poor insulation when wet. It is common to need three insulating layers. (Remember Cotton is Rotten)</p> | | |
| Equipment | | Notes |
| Required Items | | |
| Base layer | | Synthetic or Quick dry Material shirt. |
| Middle layer (fleece jacket) | | A Thin Fleece Jacket/Sweatshirt. (This is meant to provide warmth in colder temps. At Night, During Storms, Early Morning.) |
| Wind shirt | | A lightweight, breathable, durable nylon wind shell. |
| Rain jacket | | A sturdy waterproof jacket with a hood. Both coated nylon and breathable fabrics are acceptable (e.g. Gore-Tex, Marmot Precip, Mountain Hardware Dry.Q, Patagonia H2No) |
| Long sleeve T-shirt | | A lightweight synthetic or wool long sleeve t-shirt |
| Questions?? | | Our advice, bring the sweaters, fleece jackets, and synthetic layers you think might work. We'll advise you on the best combination for your trip, depending on the season and course area. |

Lower Body Layers

You will need 1–2 synthetic insulating layers (usually a base layer and, in early summer, a pair of pants). All must fit comfortably over each other so that they can be worn at the same time if you tend to get cold easily. For the summer one pair of pants will suffice, otherwise rely on shorts as a primary lower layer.

Equipment

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| Required Items | | |
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Base layer (Nylon Wicking Underwear)

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| Not to Bring | | Jeans, Carhart’s, Dress Pants, Heavy Layers |
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| Wind pants/hiking pants | | Nylon shell pants. These should fit comfortably over all lower-body layers. Side-zippers allow the pants to be put on over boots. Soft-shell fabrics are acceptable. Lightweight “running pants” are acceptable for shorter trips. |
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| Nylon shorts | | Loose-fitting nylon athletic or river shorts |
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| Underwear and sports bra (2-3 pairs) | | Briefs or boxers and sports bras must be synthetic; some students prefer to go without underwear and use nylon shorts with liners. Women’s briefs in cotton will work. |
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| Optional Items | | |
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Rain pants, Gaiters, and leggings.

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| Questions?? | | Our advice? Bring the synthetic base layers, rain gear, and exercise clothing you think might work. We’ll advise you on the best combination for your trip, depending on the season and course area. |
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Head, Neck, and Hand Layers

Equipment

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| Required Items | | |
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Baseball cap or wide-brim sun hat

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| Hat | | Needs to be comfortable and lightweight. |
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| Buff or Bandana | | A light nylon neck tube or lightweight bandana to protect the neck and help with sweat control. |
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| Gloves | | A running style lightweight glove may be desired in heavier storms or rain to keep the hands insulated and dry. |
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| Questions?? | | Our advice? As long as they're not cotton, bring your gloves, mittens, and shells. We'll check them and see if they'll work. Depending on the weather, you may need one or two pairs. |
| Footwear | | |
| Equipment | | Notes |
| Required Items | | |
| Boots: Must be "broke-in" (not brand new). Waterproofing is desirable but not required. Consider a trail running shoe with good support and traction. Also, avoid construction, cowboy, or general dress boots of any type. Boot selection should be outdoor, hiking, and backpacking related. | | |
| Socks (2-3 pairs) | | Mid-weight wool socks, Thin Dress Socks as a base layer under the wool socks to help with moisture wicking. Cotton socks will hold water and cause discomfort and blisters. |
| Camp shoes – Crocks, Tennis Shoes, something lightweight and comfortable to wear around camp. | | |
| Optional Items | | |
| Liner socks (1-2 pairs) | | Lightweight wool or synthetic "wicking" socks. You will need at least two pairs if you are using a liner sock/wool sock combination in your hiking boots. As mentioned above, a thin dress sock can replace the liner sock. |
| Questions?? | | Our advice? Your boots will be a critical piece of gear. If they're not sturdy, don't provide enough support, or don't fit properly with wool socks, we won't let you use them. If you have any doubts about boots, feel free to give us a call. |
| Miscellaneous Items | | |
| Equipment | | Notes |
| Required Items | | |

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| Insulated mug or thermos (Provided, but you are welcome to bring your own) | | |
| Bowl | | (Provided, but you are welcome to bring your own. A plastic bowl with a screw- or snap-on lid is handy for saving leftovers) |
| Spoon (Provided, but you are welcome to bring your own.) | | |
| Water bottle (1-2) | | 1–2 wide-mouth quart- or liter-size plastic bottles (Not Provided) |
| Lip balm | | Stick, cream, or tube-type moisturizing balm, SPF 15 or greater (Not Provided) |
| Sunscreen (1-2) | | A 3- to 6-oz. tube, SPF 30 or greater (Not Provided) |
| Bandana (2-3) | | A few of these are always handy. (Not Provided) |
| Headlamp | | Durable and lightweight. Bring spare batteries. (Provided, but you can bring your own.) |
| Disposable lighter (2) | | For lighting your camp stove (Provided, but you can bring your own) |
| Insect repellent (1-2) | | Small bottles; no aerosol spray cans. (Not provided) |
| Toiletries and towel | | Towel for showering after your course. Toothbrush, toothpaste, comb, brush, skin lotion, and tampons. Travel or trial sizes are enough. (Not Provided) |
| Watch | | A watch with an alarm is a nice feature. (Not Provided) |
| Pen/pencil | | For journaling and taking notes during classes (Not Provided) |
| Notepad | | A small, lightweight pad is fine. (Not Provided) |
| Sunglasses | | Good-quality sunglasses with 100-percent UV protection; lenses should be dark. If you wear prescription lenses and have limited vision without them, bring your own prescription sunglasses or look for a quality pair of clip-on polarized shades at an outdoor store. (Not Provided) |
| Instant hand sanitizer (2) | | Must have two 2-oz. bottles for keeping hands clean. (Not Provided) |
| Small stuff sack (2-3) | | Small nylon or mesh sacks for organizing items in your pack. (Not Provided) |
| Plastic trash bag (2-3) | | 2–3 heavy-duty lawn-and-garden bags (33 gallon) to help waterproof your sleeping bag and backpack. (Not Provided) |
| Optional Items | | (Everything Below is Not Provided) |

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| Binoculars | | Small travel binoculars work well. |
| Balaclava | | Balaclavas are full head-and-neck coverings that have an opening for the face. |
| Prescription glasses and contact lenses (2-3 pairs) | | |
| Water treatment | | We often use Aquamira (chlorine dioxide) for backcountry water purification. However, if you are sensitive to iodine or chlorine, you may need to bring a water filter. |
| Book | | A small paperback reading book. |
| Trekking poles | | A sturdy telescoping pole for easy packing. |
| Camera | | GoPros and lightweight digital or 35mm cameras are acceptable; bring a protective case. Avoid elaborate lenses and heavy SLRs. (Please note: you may not bring your smartphone or tablet into the field to use as a digital camera.) |
| Camp chair | | Crazy Creek–style, or a sleeping-pad adapter. |
| Sunglasses retainer | | Chums or Croakies for keeping track of your glasses or sunglasses. |
| Pocketknife | | One small knife is sufficient; simple folding knives are popular. |
| Questions?? | | Our advice? Keep the toiletries, pocketknife, camera, optional items, and other gear to small sizes. We work to keep our pack weight as low as possible. Saving every ounce is essential! |
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Expedition members share both the use of and the responsibility for the group gear that TREKS issues.

Tents and shelters
Trowel or shovel
Stoves, fuel bottles and fuel
Pots and pans
Maps and compasses

Bear-resistant food containers

Fishing gear

Equipment repair kits

Reference books

Binoculars

First aid kits

Climbing protection*

Climbing ropes*

Helmets and harnesses*

GPS*

SAT-Phone*

**if applicable to course type*