

OUTDOOR ADVENTURE CHALLENGE



Section:

GEAR LISTS



GEAR LISTS SECTION CONTENTS

- Gear and Other Items Needed for Every Training
- Backpacking Specific Gear
- Canoe Specific Gear
- Caving Specific Gear
- Kayaking Specific Gear
- Rock Climbing and Rappelling Specific Gear
- Winter Camping Specific Gear

GEAR AND OTHER ITEMS NEEDED FOR EVERY TRAINING

- **Don't be afraid to borrow** what you need. Trying out someone else's helps you figure out what you like best.
- **Synthetic clothing and layers** are the best way to prepare for the temperature variables in any season.
- **Nights can get cold**, so bring a set of long underwear and a warm sleeping bag.
- **The bugs (black flies and mosquitoes) can be brutal.** Long pants, long sleeves and a head net are needed for comfort.
- **All clothing should be layers of wool, polypropylene or other synthetic – NO COTTON! Do not wear cotton/jeans.**
- **Do not bring** electronic items, canned foods, or glass containers.
- Pack light and tidy. It is a good idea to have clothes and sleeping bags in waterproof stuff sacks or packed in ziplock bags.
- Remember to repackage food. Whatever you bring in you are packing out.
- Do not bring soda, canned food or glass items.
- **Food** – you will be responsible for your own food. Prior to the trip you will be notified of how many meals you should pack. Lunches should always be packable – they are almost always eaten on the trail or in a boat or cave.

GEAR

- Tent*
- Ground Cover/Tarp*
- Sleeping bag*
- Sleeping pad*
- Stove*
- Fuel for stove*
- Matches in waterproof container**
- Lighter/Firestarter
- Plate, cup, spoon, fork
- Small cooking pot(s) (1-2)
- Backpack
- Flashlight/Headlamp w/ extra batteries**
- 32 oz. water bottles (2) - filled
- Small pocket knife or multi-tool
- Compass
- Camp Chair

- Nylon cord (30-50')
- Whistle
- Duct tape (small amount)**
- Emergency blanket
- Large garbage bags (2)**
- Bandana
- Mosquito net^

CLOTHING:

- Warm hat
- Gloves (wool or synthetic)
- Cap
- Sunglasses
- Hiking boots or shoes
- Fleece or wool vest, jacket or sweater (1-2)
- Rain poncho or coat (rain pants/gaiters optional)

- Swim suit or shorts^

PERSONAL ITEMS

- Lip balm
- Insect repellent**^
- Sunscreen**
- Baby wipes (personal size package)**
- Toothbrush & paste
- Moleskin**
- Band aids**
- Personal medications
- Sanitary items**
- Wash cloth/small towel
- Toilet paper (in ziplock)**
- Small Trowel
- Hand Sanitizer
- Small zip lock bag for used paper
- Camp Pillow (optional)

* denotes **gear that can be borrowed or shared.** Please let an instructor know at least a week ahead of time if you need to borrow any gear. The instructor may have extras to lend or will be able to point you in the direction of someone that has extras.

** denotes gear/items that you need for every section of the combined training week, but you may need to restock between sections; therefore, you should **have extras packed in your vehicle to restock.** There is no reason to carry a week's worth of everything with you at all times.

*** denotes **gear that you are welcome to bring if you have it,** but enough will be provided for everyone, so if you need to borrow it, no worries and no need to notify instructor.

^ denotes **gear that is not needed for winter camping**

Have a question? Feel free to contact the instructor.

BACKPACKING SPECIFIC GEAR

On the combined training week, you will have access to your vehicle between canoeing and backpacking.

GEAR

Backpack* (Internal or External Frame)

Water filter*

Long sleeve synthetic shirt or tightly woven cotton to keep bugs away

Short sleeve shirt/t-shirt

Water Shoes or sandals

CLOTHING

Wool or synthetic socks (3 pair)

Underwear (4)

Long underwear shirt (1)

Long underwear pants (1)

Pants, synthetic (2)

FOOD (insert #/meal)

Trail Snacks

___ breakfast

___ lunch

___ dinners

* denotes **gear that can be borrowed or shared**. Please let an instructor know at least a week ahead of time if you need to borrow any gear.

** denotes gear/items that you need for every section of the combined training week, but you may need to restock between sections; therefore, you should **have extras packed in your vehicle to restock**. There is no reason to carry a week's worth of everything with you at all times.

*** denotes **gear that you are welcome to bring if you have it**, but enough will be provided for everyone, so if you need to borrow it, no worries and no need to notify instructor.

^ denotes **gear that is not needed for winter camping**

Still need something? Just contact the instructor at least a week before the session starts. They may have extras to lend or will be able to point you in the direction of someone that has extras.

Have a question? Feel free to contact the instructor.

CANOE SPECIFIC GEAR – *Be ready to be in the water every day, rain or shine.*

On the combined training week, you will have access to your vehicle between canoeing and backpacking.

GEAR

- PFD/life jacket*
- Dry bags*
- Water filter*
- Throw bags***
- Paddle *** (3/canoe)
- Helmet***
- Crazy creek or small camp stool
- 25'-30' rope for lining canoe

CLOTHING

- Wool or synthetic socks (3 pair)
- Underwear (3)
- Long underwear shirt (2)
- Long underwear pants (2)
- Pants, synthetic (2)
- Long sleeve synthetic shirt

- Short sleeve shirt/t-shirt
- Water Shoes - sturdy, closed toe

FOOD (insert #/meal)

- Trail Snacks
- ___ breakfast
- ___ lunch
- ___ dinners

* denotes **gear that can be borrowed or shared**. Please let an instructor know at least a week ahead of time if you need to borrow any gear.

** denotes gear/items that you need for every section of the combined training week, but you may need to restock between sections; therefore, you should **have extras packed in your vehicle to restock**. There is no reason to carry a week's worth of everything with you at all times.

*** denotes **gear that you are welcome to bring if you have it**, but enough will be provided for everyone, so if you need to borrow it, no worries and no need to notify instructor.

^ denotes **gear that is not needed for winter camping**

Still need something? Just contact the instructor at least a week before the session starts. They may have extras to lend or will be able to point you in the direction of someone that has extras.

Have a question? Feel free to contact the instructor.

CAVING SPECIFIC GEAR

This is **car camping**, you will have access to your vehicle.

GEAR

- Coveralls that may be stained
- Helmet***
- Boots, with non-skid sole
- Three light sources
(eg. 1 head lamp, 1 flashlight, 1 candle or 2 flashlights, 1 candle)
- Extra batteries for headlamp/flashlight
- Crazy creek/camp chair
- Bath towel
- Pillow

CLOTHING

- Wool or synthetic socks (3 pair)
- Underwear (3)

- Knee/elbow pads
- Side pouch/pack (Army surplus gas mask bag works well)
- Long underwear shirt (2)
- Long underwear pants (2)
- Pants, synthetic (2)
- Long sleeve synthetic shirt
- Short sleeve shirt/t-shirt

FOOD (insert #/meal)

- Trail Snacks
- ___ Breakfast
- ___ Lunch
- ___ Dinner

* denotes **gear that can be borrowed or shared**. Please let an instructor know at least a week ahead of time if you need to borrow any gear.

** denotes gear/items that you need for every section of the combined training week, but you may need to restock between sections; therefore, you should **have extras packed in your vehicle to restock**. There is no reason to carry a week's worth of everything with you at all times.

*** denotes **gear that you are welcome to bring if you have it**, but enough will be provided for everyone, so if you need to borrow it, no worries and no need to notify instructor.

^ denotes **gear that is not needed for winter camping**

Still need something? Just contact the instructor at least a week before the session starts. They may have extras to lend or will be able to point you in the direction of someone that has extras.

Have a question? Feel free to contact the instructor.

KAYAKING SPECIFIC GEAR

Instructor will bring additional gear: first aid kit, kayak repair kit, VHF, flares, bivouac kit, tow bag, rescue rope, char, map, emergency shelter, water purification.

GEAR

- Kayak and paddle***
- Bilge pump***
- Paddle float***
- Farmer John/Jane Wet suit (highly recommended; we will spend a considerable amount of time in the water).
- PFD* – right time and size
- Dry bags, water proof containers (small enough to fit into kayak hatches)
- Night lighting and signal devices (e.g. light & whistle)

CLOTHING

- Wool or synthetic socks (3 pair)
- Underwear (3)
- Long underwear shirt (2)
- Long underwear pants (2)
- Pants, synthetic (2)
- Long sleeve synthetic shirt
- Short sleeve shirt/t-shirt
- Water Shoes - sturdy, closed toe

FOOD (insert #/meal)

- Trail Snacks
- ___ breakfast
- ___ lunch
- ___ dinner

* denotes **gear that can be borrowed or shared**. Please let an instructor know at least a week ahead of time if you need to borrow any gear.

** denotes gear/items that you need for every section of the combined training week, but you may need to restock between sections; therefore, you should **have extras packed in your vehicle to restock**. There is no reason to carry a week's worth of everything with you at all times.

*** denotes **gear that you are welcome to bring if you have it**, but enough will be provided for everyone, so if you need to borrow it, no worries and no need to notify instructor.

^ denotes **gear that is not needed for winter camping**

Still need something? Just contact the instructor at least a week before the session starts. They may have extras to lend or will be able to point you in the direction of someone that has extras.

Have a question? Feel free to contact the instructor.

ROCK CLIMBING & RAPPELLING SPECIFIC GEAR

This is **car camping**, you will have access to your vehicle.

Climbing gear will be provided for the group.

On the combined training week we will stop at a grocery store to re-supply between backpacking and climbing.

GEAR

- | | |
|---|---|
| <input type="checkbox"/> Backpack* (Internal or External Frame)
for solo night | <input type="checkbox"/> Underwear (4) |
| <input type="checkbox"/> Daypack* | <input type="checkbox"/> Long underwear shirt (1) |
| <input type="checkbox"/> Harness*** | <input type="checkbox"/> Long underwear pants (1) |
| <input type="checkbox"/> Belay Device*** (ATC) | <input type="checkbox"/> Pants, synthetic |
| <input type="checkbox"/> Locking Carabiner*** | <input type="checkbox"/> Long sleeve synthetic shirt or tightly
woven cotton to keep bugs away |
| <input type="checkbox"/> Figure 8*** | <input type="checkbox"/> Short sleeve shirt/t-shirt |
| <input type="checkbox"/> Thick Leather Gloves*** | <input type="checkbox"/> Water Shoes or sandals |
| <input type="checkbox"/> Climbing Shoes | |
| <input type="checkbox"/> Pillow | |
| <input type="checkbox"/> Water jug 3-5 gallons | |
| <input type="checkbox"/> Crazy creek or camp chair | |

FOOD (insert #/meal)

- | |
|--|
| <input type="checkbox"/> Trail Snacks |
| <input type="checkbox"/> ___ breakfast |
| <input type="checkbox"/> ___ lunch |
| <input type="checkbox"/> ___ dinners |

CLOTHING

- | |
|---|
| <input type="checkbox"/> Wool or synthetic socks (2-3 pair) |
|---|

* denotes **gear that can be borrowed or shared**. Please let an instructor know at least a week ahead of time if you need to borrow any gear.

** denotes gear/items that you need for every section of the combined training week, but you may need to restock between sections; therefore, you should **have extras packed in your vehicle to restock**. There is no reason to carry a week's worth of everything with you at all times.

*** denotes **gear that you are welcome to bring if you have it**, but enough will be provided for everyone, so if you need to borrow it, no worries and no need to notify instructor.

^ denotes **gear that is not needed for winter camping**

Still need something? Just contact the instructor at least a week before the session starts. They may have extras to lend or will be able to point you in the direction of someone that has extras.

Have a question? Feel free to contact the instructor.

WINTER CAMPING SPECIFIC GEAR

GEAR

- Sleeping bag (rated zero degree, or bring 2 bags)
- Close cell foam sleeping pads (2)
- Overbag/sleeping bag cover/tarp
- Backpack
- Lightweight snow shovel (collapsible or fixed)
- Sled* (ideally a wide sled with tall sides – ice fishing type)
- Camp seat (five gallon bucket w/ lid or folding seat, additional foam insulated pad keeps you warmer)
- Snowshoes, X-country skis, poles*

CLOTHING

Base layer:

- long underwear top (2-3)
- long underwear bottom (2-3)
- Synthetic pants (2)

- Underwear (3)
- Wool socks w/ liners (4)

Outerwear:

- Parka/coat
- Insulated pants
- Gloves/mittens (2)
- Snowmobile or Sorel-type boots with felt liner
- Hiking boots/cross-country ski boots
- Sunglasses/goggles

FOOD(insert #/meal)

- Trail Snacks
- ___ breakfast
- ___ lunch
- ___ dinner

* denotes **gear that can be borrowed or shared**. Please let an instructor know at least a week ahead of time if you need to borrow any gear.

** denotes gear/items that you need for every section of the combined training week, but you may need to restock between sections; therefore, you should **have extras packed in your vehicle to restock**. There is no reason to carry a week's worth of everything with you at all times.

*** denotes **gear that you are welcome to bring if you have it**, but enough will be provided for everyone, so if you need to borrow it, no worries and no need to notify instructor.

^ denotes **gear that is not needed for winter camping**

Still need something? Just contact the instructor at least a week before the session starts. They may have extras to lend or will be able to point you in the direction of someone that has extras.

Have a question? Feel free to contact the instructor.