

REC 240: WILDERNESS FALL PRACTICUM**EQUIPMENT LIST**

ALL ITEMS ARE REQUIRED UNLESS NOTED AS OPTIONAL UNDER 'QUANTITY REQUIRED' COLUMN.
Remember "COTTON KILLS!" Aside from cotton t-shirt, no cotton will be permitted!

***ALL EQUIPMENT MUST BE PURCHASED AND BROUGHT TO NCCC BY THE START OF THE SEMESTER!

IF YOU HAVE ANY QUESTIONS ABOUT EQUIPMENT, CONTACT JIMMY AT 518-891-2915 x1223 or jimcunningham@nccc.edu.

I. CLOTHING

*WRL = may borrow from WRL, BYO = bring your own

A. BASE OR WICKING LAYERS

<i>Packed</i>	<i>Have</i>	<i>Need</i>	<i>Source*</i>	<i>Item</i>	<i>Quantity Required</i>	<i>Description</i>
			BYO	Mid Wt. Polypro Top	1	Mid weight long underwear top made of wool, silk, polypropelene or equivalent.
			BYO	Mid Wt. Polypro Bottom	1	Mid weight long underwear bottom made of wool, silk, polypropelene or equivalent.
			BYO	Short sleeve top	2	Cotton blend or lightweight polyester t-shirt.
			BYO	Briefs/Sports Bras	1-2 (Optional)	This is a matter of preference. When making underwear choices, you can choose silk, synthetic or none. Synthetic shorts with mesh liners work well for men. Women should avoid cotton and pick whatever is comfortable.
			BYO	Nylon Shorts	1	Loose fitting, quick-dry, synthetic shorts.
			BYO	Swimsuit	1	Nylon shorts OK for men. Women may choose between swimsuit or nylon shorts and sports bra. Swimsuits may be used for bathing or during canoe section.

B. INSULATING LAYERS

<i>Packed</i>	<i>Have</i>	<i>Need</i>	<i>Source*</i>	<i>Item</i>	<i>Quantity Required</i>	<i>Description</i>
			BYO	Inner Layer Med. Weight Top	1	Fleece pullover (100 or 200 weight), wool sweater or lightweight fiberfill jacket.
			BYO	Outer Layer Heavy Wt. Top	1	Fleece Jacket (300 weight) or fiber fill jacket... should be full zip.
			BYO	Vest	1 (Optional)	Fleece vest (200 weight), wool or fiberfill vest.
			BYO	Fleece Pants	1	Wool or fleece (200 weight or equivalent). Side zippers (full or half) preferable.
			BYO	Warm Hat	1	Wool or fleece that covers ears.
			BYO	Gloves	1 pair	Wool or fleece.
			BYO	Mittens	1 pair (Optional)	Back up for gloves. Bring if you have trouble keeping hands warm. Extra socks can also back up gloves.

C. OUTER LAYERS (WIND, WATER, SUN)

<i>Packed</i>	<i>Have</i>	<i>Need</i>	<i>Source*</i>	<i>Item</i>	<i>Quantity Required</i>	<i>Description</i>
			BYO	Rain/Wind Parka (Shell Jacket)	1	Waterproof breathable material (Gore-tex™, etc.) or coated nylon are suitable fabrics. Winter parka not recommended.
			BYO	Rain/Wind Pants	1	Waterproof breathable material (Gore-tex™, etc.) preferable. Coated nylon OK. Full or half zip legs preferable. Need to be sturdier than lightweight running pants. Soft shell OK. Winter pants not recommended.
			BYO	Sun Hat	1	Baseball cap or wide brim hat. Must protect face from sun.

II. FOOTWEAR

<i>Packed</i>	<i>Have</i>	<i>Need</i>	<i>Source*</i>	<i>Item</i>	<i>Quantity Required</i>	<i>Description</i>
			BYO	Boots	1 pair	Sturdy leather boots made for heavy backpacking or light mountaineering. Must have good ankle support. MUST BE BROKEN IN BEFORE TRIP! May want to <u>waterproof or Nikwax</u> prior to departure.
			BYO	Camp Shoes	1 pair	Sneakers or closed toe equivalent. OPEN TOE SANDALS NOT RECOMMENDED
			BYO	Gaiters	1 pair	Durable, knee high to prevent water and mud from seeping in your boot top.
			BYO	Wool Socks	3 pair	Wool or wool blend. NO COTTON BLEND.
			BYO	Liner Socks	2 (Optional)	Lightweight wicking sock to wear under wool socks. May aid in blister prevention.

III. PERSONAL EQUIPMENT

Packed	Have	Need	Source*	Item	Quantity Required	Description
			BYO or WRL	Expedition Backpack	1	Must have volume of 6500-7000 cu. In. **DO NOT PURCHASE if you do not intend to use for many trips following your practica... expensive!
			BYO or WRL	Pack Straps	1 pair	Minimum 24" long. Used to lash items to your pack.
			BYO or WRL	Stuff Sacks	2-3	Nylon or mesh sacks (different colors preferable) for organizing your pack.
			BYO or WRL	Food Bag	1	Lightweight nylon bag for packing food. 12" x 24" in size. Zippered duffle or drawstring sack suitable.
			BYO or WRL	Sleeping Bag	1	15-30* rating preferable. Must have adequate loft and be in good condition. May want to use WRL bag if you don't want to ruin personal bag.
			BYO or WRL	Compression Stuff Sack	1	For stuffing sleeping bag. Stuff sack with straps sewn on for compression.
			WRL	Plastic Contractor Bags	2-3	Heavy duty lawn and garden or contractor bags to protect sleeping bag and pack contents.
			BYO or WRL	Sleeping Pad	1	Full length closed-cell foam pad or inflatable pad. If using inflatable pad, must be in good condition and must carry repair kit.
			BYO or WRL	Sleeping Pad Stuff Sack or Lash Strap	1	To keep sleeping pad rolled up for travel.
			BYO	Insulated Mug	1	12 or 20 oz. Mug with lid. Tether connecting lid to mug is preferred (use utility cord to make tether).
			BYO or WRL	Bowl	1	Bowl with lid is preferred. Nalagene 16 oz. Straight jar recommended. Label with tape or other mark so you can distinguish from others.
			BYO or WRL	Spoon	1	Lexan spoon recommended. Label with tape or other mark so you can distinguish from others. Reflective tape may help you relocate lost spoon in the dark.
			BYO	Water Bottles	2	32oz. wide mouth recommended. Plastic, Stainless, Aluminum OK. Label with stickers, tape or other mark. Can use a water bladder, but need 2 bottles to back up in case damaged.
			BYO	Headlamp or Flashlight	1	Must be durable & lightweight. Head lamp recommended (<i>Must be suitable for night travel!</i>).
			BYO or WRL	Pack Cover	1	Should be made of durable, rip-resistant material.
			BYO or WRL	Compass	1	Must have base plate and turnable housing.
			BYO or WRL	Whistle	1	Plastic only. For emergency use. Must be on string and able to be worn around neck.

IV. OTHER PERSONAL ESSENTIALS

<i>Packed</i>	<i>Have</i>	<i>Need</i>	<i>Source*</i>	<i>Item</i>	<i>Quantity Required</i>	<i>Description</i>
			BYO	Positive Attitude	LOTS!	Tolerance, flexibility, consideration, thoughtfulness... all of those qualities that contribute to good expedition behavior!
			BYO	Lip Balm	1	Stick, tube or small container. Must have SPF 15 sunscreen.
			BYO	Sunscreen	1	3-6 oz. Tube. Minimum SPF 15. SPF 30 recommended.
			BYO	Bandanas	2-3	Used for many things while in camp and on trail. Different colors recommended.
			BYO	Sunglasses	1 pair	Must be durable and have adequate UVA/UVB protection. Strap recommended for canoeing section.
			BYO	Glasses and/or contact lenses	1 or 2 pairs (Optional)	If you cannot see without corrective lenses, be sure to bring a spare!
			BYO	Disposable lighter	1	Use for lighting stove and candles.
			BYO	Insect repellent	1	1 small spray bottle or lotion. NO AEROSOL CANS!
			BYO	Toiletries		<i>Toothpaste, toothbrush, comb/brush, skin lotion, feminine products <u>required</u>. <u>Optional</u> - q-tips, <u>baby wipes, powder</u>. TRAVEL SIZE IS ADEQUATE.</i>
			BYO	Dump Kit	1	<i>Carry bag (small stuff sack OK), toilet paper, waste bag, hand sanitizer <u>required</u>. <u>Optional</u> - trowel, baby wipes.</i>
			BYO	Watch	1	Watch with alarm preferred.
			BYO	Pocket Size Notepad	1	To take notes during the day.
			BYO	Medium Size Notebook		Steno pad recommended. Must be able to tear out sheets. For journal and assignments.
			BYO	Pencil and Ballpoint Pen	1 each	Pencil for wet days, pen for dry.
			BYO	Pocket Knife	1	One small knife needed. Small Swiss army style or multi-tool OK.

V. OPTIONAL MISCELLANEOUS ITEMS

<i>Packed</i>	<i>Have</i>	<i>Need</i>	<i>Source*</i>	<i>Item</i>	<i>Quantity Required</i>	<i>Description</i>
			BYO	Pen light	1 (Optional)	Small light to back-up headlamp. Small Mag™ pen light or Tikka™ recommended.
			BYO	Camp chair	1 (Optional)	Crazy Creek or similar chair are useful in camp, particularly during canoe trip.
			BYO	Waterproof case for books	#? (Optional)	Ziploc bags may rip after a few days on the trail; duck tape reinforced ziplocs are better. For important books, may want something sturdier.
			BYO	Compact Binoculars	1 (Optional)	These must be small and able to fit in the palm of your hand.
			BYO or WRL	Trekking / Ski Poles	1 pair (Optional)	For use on steep terrain. Dubbed as "knee savers" by many hikers.

VI. TEXTBOOKS AND PAPERWORK

<i>Packed</i>	<i>Have</i>	<i>Need</i>	<i>Source*</i>	<i>Item</i>	<i>Quantity Required</i>	<i>Description</i>
			BYO	NOLS Wilderness Educator Notebook	1	Use copy from REC 115
			BYO	NOLS Cookery	1	Use copy from REC 115
			BYO	Paddler Map	1	Buy at St. Regis Canoe Outfitter!
			BYO	Paddler Map South	1	Buy at St. Regis Canoe Outfitter!
				Physical Form		Must be returned to records by mid August.
				Waivers and Other Paperwork		To be filled out on day one

VII. GROUP EQUIPMENT PROVIDED BY WRL:

Tents/Shelters	Field Guides	** Use of this equipment is included in your course fee. However, if you lose or damage this equipment, you will be held financially responsible.
Stoves	First Aid Kit	
Fuel	Repair Kit	
Fuel Bottles	Trowel	
Cooking Equipment	Water Bag(s)	
Bear Bag Equipment	Water Filter	

IX. ON-LINE RESOURCES FOR DISCOUNT OUTDOOR EQUIPMENT

Sierra Trading Post www.sierratradingpost.com	The Clymb https://www.theclymb.com/
REI Outlet www.rei-outlet.com	Mountain Gear http://www.mountaingear.com/webstore/
Campmor www.campmor.com	Backcountry https://www.backcountry.com/