

REC 249: WILDERNESS WINTER PRACTICUM**EQUIPMENT LIST**

ALL ITEMS ARE REQUIRED UNLESS NOTED AS OPTIONAL UNDER 'QUANTITY REQUIRED' COLUMN.
Remember "COTTON KILLS!"

***ALL EQUIPMENT MUST BE PURCHASED AND CHECKED OFF PRIOR TO ENTERING THE FIELD.

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	2	Mid weight long underwear top made of wool, silk, polypropelene or equivalent.
			BYO	Mid Wt. Polypro Bottom	2	Mid weight long underwear bottom made of wool, silk, polypropelene or equivalent.
			BYO	Briefs/Sports Bras	3 (Optional)	This is a matter of preference. When making underwear choices, you can choose silk, synthetic or none. Polypro boxer briefs or briefs work well for men. Women should avoid cotton and pick whatever is comfortable (men's underwear works and may be cheaper).
			BYO	Nylon Shorts	1 (Optional)	Loose fitting, quick-dry, synthetic shorts for warmer hiking days.

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	Insulating 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) or fiberfill vest.
			BYO	Fleece Pants	1	200 weight or equivalent. Side zippers (full or half) preferable. Wool or lined soft shell acceptable.
			BYO	Warm Hat / Balaclava	2	1 for hiking (skull cap), one for camp (wool, fleece)
			BYO	Wicking Balaclava	1 pair (Optional)	Lightweight, thin polypro, wool or synthetic material; will be worn under heavier hat.
			BYO	Wicking Glove Liners	1 pair (Optional)	Lightweight, thin polypro, wool or synthetic material; will be worn under heavier gloves.

			BYO	Gloves / Mittens	2	Wool or fleece. At least one pair must have a water/windproof shell. If using Gore-tex shell gloves or mittens, must still have 2 pairs of insulating gloves or mittens in addition.
			BYO	Neck Gaiter	1 (Optional)	Fleece
			WRL	Polyfill Puff Coat	1	To be used in camp.
			WRL	Polyfill Puff Pants	1	To be used in camp.
			WRL	Polyfill Puff Mitts	1 pair	To be used in camp.

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	Shell Jacket	1	Waterproof breathable material (Gore-tex™, etc.) recommended. Insulated winter parka not recommended.
			BYO	Rain/Wind Pants	1	Waterproof breathable material (Gore-tex™, etc.) recommended. Full or half zip legs preferable. If you have trouble with pants falling down while wearing a full pack, bib style or suspenders recommended. Need to be sturdier than lightweight running pants. Insulated winter pants not recommended.
			BYO	Wind stopper Balaclava	1 (Optional)	Wind stopper fleece or wool/ fleece with nylon shell

II. FOOTWEAR

<i>Packed</i>	<i>Have</i>	<i>Need</i>	<i>Source*</i>	<i>Item</i>	<i>Quantity Required</i>	<i>Description</i>
			WRL	Plastic Boots	1 pair	MUST BE SIZED BY THE END OF OCTOBER!
			BYO or WRL	Mukluks	1 pair	Gore-tex, soft-soled bootie.
			BYO or WRL	Polyfill Booties	2	One soft-soled pair, one harder soled pair.
			BYO	Gaiters	1 pair	Durable, knee high to prevent water and mud from seeping in your boot top. Must be big enough to fit over plastic boots.
			BYO	Wool Socks	5 pairs	Heavy 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. WINTER TRAVEL EQUIPMENT

<i>Packed</i>	<i>Have</i>	<i>Need</i>	<i>Source*</i>	<i>Item</i>	<i>Quantity Required</i>	<i>Description</i>
			WRL or BYO	Snowshoes	1 pair	If you are using your own snowshoes, they must be approved by WRL staff and be able to hold your body weight + additional 45+% in pack weight.
			WRL	Crampons	1 pair	10 point walking crampon

			WRL	Crampon Bag	1	Heavy duty bag to protect against crampon points
			BYO or WRL	Telescopic Ski Poles	1 pair	

IV. PERSONAL EQUIPMENT

<i>Packed</i>	<i>Have</i>	<i>Need</i>	<i>Source*</i>	<i>Item</i>	<i>Quantity Required</i>	<i>Description</i>
			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 of 24" long. Used to lash items to outside of 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. Drawstring sack will be suitable.
			BYO or WRL	Sleeping Bag	1	-20* 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 Trash 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. (preferred) mug with lid. Tether connecting lid to mug is preferred (use utility cord to make tether). Must have plastic rim.
			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 - no metal spoons. 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. Bladders highly discouraged- drinking tube likely to freeze. Label with tape or other mark so you can distinguish from others.

			BYO	Headlamp	1	Must be durable and lightweight. Head lamp recommended (<i>Must be able to use for night hiking</i>).
			BYO	Extra Batteries	3 extra sets	Batteries "lose their juice" faster in the winter. Lithium recommended.
			BYO or WRL	Compass	1	Must have clear base plate and turnable housing.
			WRL	Water Bottle Insulators	2	Insulated nylon cover to keep bottles from freezing solid
			WRL	Plastic Whistle	1	To use for signalling in case of emergency.

V. OTHER PERSONAL ESSENTIALS

Packed	Have	Need	Source*	Item	Quantity Required	Description
			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 and/or goggles	1 pair	Must be durable and have adequate UVA/UVB protection. Strap recommended.
			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	Toiletries		<i>Toothpaste, toothbrush, comb/brush, skin lotion, feminine products, baby wipes, powder (Gold Bond's recommended) required. Optional - q-tips. (TRAVEL SIZE IS ADEQUATE).</i>
			BYO	Dump Kit	1	<i>Carry bag (small stuff sack OK), toilet paper, waste bag, hand sanitizer required. Optional - baby wipes.</i>
			BYO	Watch	1	Watch with alarm preferred.
			BYO	Medications	8 day supply	Bring an adequate supply of any prescription or over the counter drugs that you take on a regular basis.
			BYO	Pocket Knife	1	One small knife needed. Small Swiss army style or multi-tool OK.

VI. 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 (trademark) pen light or Tikka recommended.
			BYO	Candle Lantern	1 (optional)	Very small lantern which is useful at night. Bring extra candles if you plan to use often.
			BYO	Antifog for Glasses	1 (optional)	Cold Glasses + Warm Person = Fogged Lenses! Antifog can help improve visibility if you have to wear glasses.
			BYO	Compact Binoculars	1 (Optional)	These must be small and able to fit in the palm of your hand.

VIII. 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>
			WRL	Required Maps		USGS Quads for itinerary area and other related maps.
			BYO	Small Notebook	1	For taking notes/planning LOD, TCP
			BYO	Waterproof case for books	? (Optional)	Ziploc bags may rip after a few days on the trail. For important books, may want something sturdier.
			BYO	Pencil	1	Pens do not work in cold/wet weather!

VIII. GROUP EQUIPMENT PROVIDED BY WRL:

Tents/Shelters	Field Guides	Snow Shovels	** 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	X-C Ski Boots	
Fuel	Repair Kit	X-C Skis	
Fuel Bottles	Trowel	Sled (if needed)	
Cooking Equipment	Fire Ribbon/Primer	Cell Phone	
Bear Bag Equipment	Stove Platform		

IX. ON-LINE RESOURCES FOR DISCOUNT OUTDOOR EQUIPMENT

Sierra Trading Post www.sierratradingpost.com
REI Outlet www.rei-outlet.com
Campmor (Web Bargains & Hot Deals) www.campmor.com
The Clymb (discounted winter gear!) www.theclymb.com