

# Eastern Sierra Youth Outdoors

2015



## Clothing and Equipment List Items with a \* are items that we have available to lend

Please note: for the backcountry part of the trip all the student's personal equipment must fit in their backpack. This includes a subset of the clothing on this list, their sleeping bag, and pad.

Much of this equipment we have available to lend on a first come, first served basis. Please let us know ASAP what items you think you will need to borrow.

- Footwear: Lightweight hiking boots. Sturdy running shoes are ok.
- An additional pair of *light* shoes are suggested for walking around camp. Please note that the only time it is ok to go barefoot on the trip is in a tent!
- 2 pr socks

**Clothing:** Not all of this will go on the "backcountry" part of the trip

- 1 pr shorts
- 1 pr sweats or pants – loose and comfortable
- 2 T-shirts
- 1 pair long underwear top and bottom. Synthetic preferred. We expect to be able to provide each student with a long underwear top as part of the program.
- 1 wool or fleece sweater or sweatshirt of synthetic or fleece material.
- 1 warm jacket or sweater. We may be able to dispense with this depending on the weather just prior to the trip\*.
- 1 set rain jacket and pants – coated nylon or gortex type. (Waterproof. Please do not skimp on rain gear. Each student **MUST** have **WATERPROOF** pants and jacket or a poncho. Inexpensive ponchos are available)\*.
- 1 pr warm gloves or mittens
- 1 hat – wool or fleece\*

### Sun Protection:

- 1 hat with visor
- 1 pr sunglasses. You must have sunglasses.\*
- 1 bandanna
- 1 sunscreen and lip balm, SPF 15 or higher

### Sleeping Gear:

- 1 warm sleeping bag (no cotton!) with stuff sack. The lowest temperature we expect would be 25°F. Most likely it will be in the mid 40's at night. We will provide these but if you have a good sleeping bag you are welcome to use it. \*
- 1 sleeping pad for underneath sleeping bag. Foam pads work fine and are better than inflatable pads unless the inflatable is a Thermarest. Please do not bring a large air mattress type pad!\*

### Equipment:

- 1 duffel bag for all your gear. All your equipment should fit inside of one duffel bag.\*
- 2 water bottles – the kind that won't break or leak. Nalgene is a good brand, available at most outdoor stores. Please avoid narrow mouth bottles as they are difficult to refill. 2 Quarts capacity total is required. (Put your name on them!)\*
- 1 camp mug (plastic or other non breakable material)\*
- 1 plastic bowl. \*
- 1 spoon\*
- 1 wash-up kit (keep it simple – include washcloth, soap, toothbrush and toothpaste)
- 1 flashlight or headlamp with new batteries. If you are buying new a headlamp is preferred. The new small ones are great! Please don't bring one of those giant D-cell flashlights.
- 1 journal, notebook pen or pencil\*
- 1 backpack capable of holding lunch, water bottle, extra clothes and notebook. 3,500 to 4,000 cubic inches is ideal. Please make sure this pack is of a variety that you can comfortably carry all day long.\*
- \_\_OR 1 larger pack (that could double as your duffel bag) for the backcountry portion.
- 1 large trash bag (extra rain protection for your gear)
- 1 pair extra glasses (if you wear them)
- 2 sets of any required prescription medications if required – labeled, in original bottles, in separate Ziploc bags. A staff person will be the keeper and dispenser of any medications.

### Optional: But Highly Recommended

- Camera
- Reading book

### Items which are not allowed:

Candy, gum, food of any kind, money, any electronics other than headlamp, knives or other weapons, magazines, over the counter medications. Phones are allowed only as cameras.

Items not on this list will not be taken into the backcountry and will only get in the way. If you have thought of something that you really want to bring and it is not on the list please let us know.

It is recommended that students pack their duffel bags themselves so they know where all their equipment is located.

Questions? Please contact Todd Vogel at 760-920-0774 or at [esyouthoutdoors@gmail.com](mailto:esyouthoutdoors@gmail.com)