

Wallowa Resources – Wallowa Mountain Institute's SUMMER WREN BACKPACKING TRIPS

EQUIPMENT LIST

The success of our backpacking adventure begins with preparedness. Therefore, each student is responsible for the items on this gear list. Items marked with an * means we have extras for loan. Inquire with Penny for availability.

General:

- Backpack (no less than 5000 cubic inches)*
- Pack (rain) cover
- Sleeping bag (3 season) *
- Stuff sack for sleeping bag (compression sacks are ideal)
- Foam or self-inflating pad *
- Ground cloth/tarp (3'x8') – the emergency space blankets that double as a tarp are excellent (not the thin ones- but the ones that are actually tarps).
- Hiking boots (leather preferable)

Clothing:

We prescribe to the saying: *Cotton Kills!* In the backcountry, getting wet (from sweat to rainfall) is a reality. Cotton takes a long time to dry and does not provide the warmth you need while it's wet. We recommend the following fibers: synthetics - polypropylene, fleece, capilene, polyester, nylon, gore-tex, and the non-synthetic - wool.

Warm weather clothing:

- 2 pairs of shorts (nylon preferable- no cotton)
- 1 long pair of pants (not jeans – nylon again preferable)
- 1 long sleeved shirt
- 2 T-shirts
- 3 sets underwear
- 3 sets of socks (wool outer, synthetic inner lining)
- 1 pair of camp/river crossing shoes (sandals with straps (like Texas) work great)
- Rain coat & rain pants (no nylon; must be rain-proof gear)
- Baseball cap
- 1 bandana

Cold weather clothing (I've awakened to snow on July 1st in the mountains!):

- Long underwear, top & bottom (no cotton)
- Warm layers: fleece jacket or wool sweater
- puffy down jacket that can pack into a small ball (if available)
- Gloves (mittens are fine)
- Wool/synthetic hat

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Personal:

- Headlamp + extra batteries
- Stuff sack (1.5 – 2 gallon size) – this bag is for personal food (breakfast & lunch). It will be hung up at night to keep food from bears.
- Tooth brush
- Tooth paste (small) – or about 3 tablespoons of baking soda in a ziplock (flavorless and works well)
- Personal medications
- Bio-degradable soap
- Small towel (hand towel is fine)
- Sun screen
- Chapstick (SPF proof)
- Insect repellent
- Spoon
- Sunglasses
- 2 Water bottles (large nalgenes- no thin plastic bottles like Gatorade bottles)
- Whistle or other signaling device
- Pencil/pen + small notebook/journal

Miscellaneous (optional):

- Gators
- Book
- Camera and film/digital
- Binoculars
- Compass (we will have compasses for students to use as well)

The following will not be allowed in the program:

- No **Electronic Equipment**, including, but not limited to: iPods, walkmans, gameboys, & cell phones.
- These items will be taken into the care of the instructors at the beginning of the program and returned at the end.

Group Gear Items WR – WMI will be supplying:

- Tents (2-3 person tents)
- Stoves + Fuel (x2)
- Kitchen items like pots & pans, spices, etc.
- Expedition First Aid Kit + Satellite Phone (emergencies only)
- Water Filters and Purification Tablets
- Fire Starting Kit (including matches & lighters)
- Repair Kt
- Leatherman (1 for the group)
- Field Guides: wildlife & plants
- Small Shovel & toilet paper

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