

## Equipment List Pemi West 2016

This is the list of items needed for each student at Pemi West for the 2016 season. Please read it closely and make sure you have the things you need. Below the list is additional information on some of the more important items. If you have any questions or concerns about anything on the list, please e-mail me (Dave Robb, PW Director) at [pemiwest@camppepi.com](mailto:pemiwest@camppepi.com). I am happy to offer advice and to address any concerns you may have, from item features and brands to optional items and anything else you may think of.

### A. Clothing

- cap with visor (for protection from sun, can have optional neck flap)
- warm winter hat (fleece or wool ski cap, great if fits under a helmet)
- fleece or nylon liner gloves, lightweight quick drying
- nylon or Gore-Tex glove shells. To be worn over liners while we play around and dig in the snow
- 1 pair nylon hiking shorts (quick drying w/ liner is preferable and can double as a bathing suit)
- 1 pair of long hiking pants (may opt for the zip-off feature, in which case you wouldn't need to hiking shorts)
- 3 pairs synthetic underwear (briefs, boxers, or.... boxer briefs, just make sure they dry quick)
- 1 pair long underwear bottoms and top with zip turtle neck, or crew neck. Medium weight. NOT COTTON.
- 3 synthetic t-shirts, moisture wicking preferable (AMC Hut shirts are great!)
- 1 mid to heavy weight fleece (full zip jacket or 1/4 zip pullover)
- 1 mid to heavy weight puffy jacket (synthetic or down)
  - \* I suggest a mid fleece and mid puffy combo, helps with temp regulation. You won't need both to be heavy weight, unless you get very cold easily.
- Boots - All-leather or Gore-Tex heavy backpacking or light mountaineering. See notes below.
- 3-4 pairs of mid to heavy-weight wool or synthetic socks hiking socks.
- 1 pair of old, lightweight sneakers, Crocs, or closed-toe sandal (to be used as camp shoe after a long day of hiking, or for river crossings) NO OPEN TOED SANDALS!
- Durable, waterproof, breathable rain jacket (Gore-tex or comparable brands names like H2NO)
- Durable, waterproof, breathable rain pants (Gore-tex or comparable brands names like H2NO)
- knee high gaiters (Gore-tex or similar durable/waterproof/breathable material)

### B. Personal Equipment

- Sleeping Bag (10-20 degrees F rating. Down fill is OK, it packs better, but you MUST be vigilant about keeping it dry!)
- Sleeping bag stuff sack with compression straps (waterproof is great, or an extra garbage bag will work too)
- Backpack - Internal frame is best, better balance and stability, recommended volume: 60-80Ls
- Sleeping pad (if you buy inflatable, make sure to get a patch kit as well)
- Sunglasses with full UV protection (wrap-around or glacier style are best for snow travel)
- Sunscreen, 6-8 oz tube, SPF 30 minimum
- Headlamp with extra batteries - headlamps are better than flashlights - (LED bulb essential)
- 2-Liter water container (either two 1-liter, or one 2-liter) Nalgene is great! Hydration systems such as Camelbak work too, but sometimes leak within you pack.
- Water Treatment (chemical treatment like Iodine tablets, or Aquamira, are great because they are small and lightweight. Most filters are bulky and heavy. NO steri-pens.

- Pocket Knife or Multi-Tool (Leatherman and Gerber are good companies)
- Spoon and Fork, or the ever-useful Spork (We will provide an eating bowl)
- Toiletries
  - \_\_\_ toothbrush, \_\_\_ small tube toothpaste, \_\_\_ floss, \_\_\_ biodegradable soap
- Small ditty bag or plastic zip-loc for storing toiletries
- Small notebook/journal with pencil (for first aid class, and as a diary)
- Watch with alarm

### **C. Optional**

- Trekking Poles (highly recommended, especially if you have joint problems, can be great on steep slopes as well)
- Insoles for your boots - something with extra cushioning or arch support. (SuperFeet are great!)
- Pack fly or large heavy duty garbage bag (This will keep your gear dry. The pack fly will be on the outside, the garbage bag will be on the inside.)
- Lightweight camera - Pack in a ziplock bag, or waterproof case.
- Personal orienteering compass (Silva-type)
- Small pack towel or terry cloth
- Nylon stuff sacks, or Dry Bags - for organizing you clothing
- Croakies, or retaining straps for sunglasses (athletic tape works well too)
- Head-net for Mosquitoes, or Bug Repellent
- Glasses and contact lenses (for prescription lens wearers)
- Lip Balm, preferably with SPF
- Prescription drugs you may be taking, plus a copy of your prescription should you lose your meds.
- 1 lightweight book for pleasure reading (you can trade with other for more reading)
- Bandanna (strongly recommended for women)
- Lightweight Binoculars
- Crazy Creek Chair for sitting in camp
- Cup (insulated with lid)
- Bowl (Pemi will provide a bowl with lid that can work as a cup too)
- Extra Trash Bags for waterproofing

\*All climbing gear and group camping equipment will be provided by Pemi West

### **Notes on Equipment:**

Pemi West is a serious mountain wilderness expedition. We will encounter weather from 70 degrees and sunny to 40 degrees and rainy or windy, occasional below freezing weather on clear nights, and on rare occasions, hail. We will be carrying all of our gear across a rugged mountain range both on and off trail, often more than 20 miles from a road. As such, we must be entirely self-sufficient. We have tried to pare down the equipment list to only the essentials as there is a tradeoff between carrying too little gear and a pack that is too heavy. Please pay attention to getting the essentials—especially those that will keep you warm and dry, but try to resist packing non-essentials, especially large, bulky toiletries, etc. Keep in mind that in addition to your personal gear (supplied by you), you will have group camping gear (stoves, fuel, tent),

climbing gear (helmet, harness), and a bear canister full of food (supplied by Pemi)! While the weather is likely to be clear in July, it is not uncommon to get strings of rainy days as well.

**INSULATION LAYERS:** Almost any materials will keep you warm when dry, but once wet from rain, sleet, perspiration, or other sources of moisture, you will not want to rely on materials such as cotton or down, which lose their ability to insulate when wet, and which are slow to dry. Therefore, we are requiring your essential insulating clothing layers to be made of either wool/synthetic blend or synthetic fibers such as fleece or polypro (includes brand names like Thermax, M.T.S., and Capilene). **Cotton is not allowed.**

**SLEEPING BAGS:** For sleeping bags you may choose between down or synthetic fill. Bags insulated with synthetic microfibers are heavier and less compressible than down, but they will keep you warm even if they get damp on a cold, rainy night. A compression stuff sack will be essential to helping you squeeze it in to your internal frame pack. Down bags are allowable, and will be lighter, more compressible, and perhaps more durable in the long run, but also a bit more expensive. Care must be taken to keep them dry, which we will teach during the course.

**SHELL LAYERS:** Good rain gear is a must! Raincoats should have a hood that can fit a helmet and be cut to go below the waist. Make sure the material is waterproof (many labels can't be trusted), and make sure it won't shred or tear easily. Breathability is also imperative as perspiration buildup under a non-breathable raincoat can get you just as wet as the rain itself. We recommend Gore-tex, or any of the newer "breathable" brands which exist. Make sure you have waterproof rain pants as well. Side zips are essential for getting pants on and off quickly over boots, and for ventilation as the day warms up. Good rain pants can double as camp pants or hiking pants in cold weather. Before Gore-Tex, people got by with traditional rubber-coated nylon rain gear. It is cheaper, but heavier and not breathable. It is also less durable when it comes to rough activities like snow glissading. If you opt for rubberized rain gear (and we don't recommend it), bring lightweight breathable water-resistant wind gear as well for hiking in. Ponchos are not acceptable.

**BOOTS:** Look for a boot labeled for use in backpacking or light mountaineering. A good fit is imperative. A little too big is far better than too small. Make sure they fit with your heavy socks and liners on! They need to be broken in and water proofed before the season. By "broken in" we mean that they should be hiked in until they are flexible enough to not give your feet blisters. They must offer good ankle support and have a rugged tread. Low cut boots, boots with running shoe soles, and boots with foam midsoles are not acceptable, as they will not provide the kind of support needed for extended hiking off trail with a heavypack. We recommend heavyweight backpacking boots or lighterweight mountaineering boots with vibram-type lug-soles, all leather, or some of the newer leather/Gore-Tex mountaineering boots. The sole should be rigid or semi-rigid. Also imperative is that the heel section not have any "rocker" or roundedness to it, as a nice sharp heel will be needed for "plunge stepping" heel- first down snowfields.

**SOCKS:** Comfy feet is the key to happiness in the backcountry! We suggest a heavy or midweight wool/synthetic blend sock. Liner socks are usually made of nylon or polypro, are thin, and have good wicking qualities. To save money, we have used thin nylon dress socks before. The purpose of liner socks is to create a smooth sliding action between layers to help prevent blisters. Again, make sure your boots fit with your socks. Have one pair be heavier than the rest, these will be your *sacred sleeping socks* and will NEVER leave your sleeping bag.

**PACK:** Packs have different sized frames and waist belts to fit different bodies, so choose carefully. The pack should have a water bottle pocket on side, or a pocket for hydration system. Make sure the hip belt is sturdy too. One with metal or plastic reinforcement will make carrying heavy loads much easier. There are many good brands for packs, some more expensive than others. Mountainsmith, Arc-teryx, Osprey, Gregory and Dana Designs are all highly reputable brands, but tend to be on the expensive side. Other good pack brands include North Face, Lowe, REI, and L.L. Bean in approximate order of decreasing expense (not necessarily correlated with quality). Packs are expensive but could be a great investment as they are the ticket to a lifetime of outdoor adventure!

Finally, feel free to bring a few changes of travel clothes both for the trip and days in the campground at the beginning and end of the course. These clothes and any other non-essential items will be securely stored while we are away in the wilderness.

### **Rental Program**

Pemi West is now offering a rental program for some equipment. For the 2016 season we will offer rentals on packs, sleeping bags, and sleeping pads. If you wish to take part in our rental program, or have any questions, please email us at [pemiwest@camppemi.com](mailto:pemiwest@camppemi.com) with "Equipment Rental" in the subject line.

**GOOD LUCK AND HAPPY PACKING!**