



Packing List and Other Gear Tips for Northwest Leadership

Space is limited. Please pack in a SOFT duffel bag.

Required Clothing:

Head

- 1 Wool/Fleece hat
- Sunglasses – to protect your eyes from glare off the water or snow
- 1 Baseball Cap
- Mosquito Head Net (optional)

Upper Body

- 2 Polypro Long Underwear Tops*
- 2 Fleece Jackets or Pullovers*
- 1 Rain Jacket*
- 4-5 Sports Bras (as needed)
- 1-pair Gloves or Mittens
- 6 T-Shirts
- 1 Long Sleeved Cotton Shirt – for sun protection
- 1 Clean Shirt (for being seen in public)

Lower Body

- 1-pair Polypro Long Underwear Bottoms
- 1-pair of Rain Pants*
- 2-3 -pair Pants (at least one pair must be **nylon**)*
- 7-pair Underwear (Use your best judgment, we do utilize a laundromat during the trip)
- 5-pair Shorts – at least 3 pair should be Nylon shorts so they will dry quickly if they get wet (can double as swim suits)
- 2 Swim Suits (sports bras and water shorts are ideal)

Feet

- 5-pair Wool Socks
- 4-pair Cotton (crew) Socks – not for backcountry use
- 2-pair Liner Socks* (optional)
- 1-pair Hiking Boots* (**broken in before the trip**)
- 1-pair Water Sandals with a heel strap
- 1-pair of Running or Tennis Shoes

Other Items:

- 1 Day Pack / Book Bag
- Flashlight* with **extra batteries and bulbs**
- 3 Quart-sized Water Bottles **OR** 2 qt-sized Water Bottles and 1 hydration bladder (at least 70oz)
- Towel (a quick-drying chamois / pack towel is best)
- Toiletries
- Backpacking Chair* (optional, but suggested)
- Laundry Bag
- Camera and Film (a disposable waterproof camera is great for rafting and sea kayaking days)
- Sunscreen/ Lip Balm (SPF 15 or higher)
- Insect repellent (small container)
- 3 Mixed CDs (for van rides)
- Paper, Pens, Stamps, Envelopes, Addresses
- Sunglasses leash or “Chums” (optional)
- 1-pair Gaiters* (optional)
- Small Pillow* (optional)
- Wide-brimmed Hat* (optional)

The * indicates items with additional information in the adjacent column.

Additional Gear Information:

Mountain weather can change in an instant. It can be clear and sunny one moment and snowing the next. One ill-prepared person can negatively affect the safety and fun of the entire trip. Please come prepared. We are preparing for a worst-case weather scenario with this clothing list, but safety comes first! If you tend to get cold easily, you may want to bring extra insulation layers or heavier polypro and gloves.

- Polypro tops** - You want at least two polypro tops because you live in these while hiking. If you tend to get cold, make sure one top is heavy or expedition-weight.
- Fleece Jacket** – This is your insulation layer and should be made of only synthetic fibers.
- Rain Jacket**—Your outer shell needs to be made of coated nylon, Gore-tex, H2NO, or some other wind/waterproof material. Windbreakers ARE NOT acceptable. Make sure they have a hood.
- Rain Pants**—These have to keep you dry for hours of glissading in the snow or hiking in the rain. Wind pants will leak and are prone to tearing.
- Pants** – A pair of nylon pants will keep the bugs away and keep you warm during chilly evening meetings (rain pants also work well for this). Jeans just get wet and stay wet (**denim is cotton**).
- Liner Socks**— **Liner Socks**— These go under your thick socks. Great because they add warmth, wick moisture, and reduce friction; but not required. Good if you are prone to blisters, but not a substitute for breaking in your boots.
- Hiking Boots** – You will need light to mid-weight boots. We recommend composite boots because they are easier to break in and tend to have better ventilation. Stiff leather boots are not necessary especially if your feet are still growing.
- Flashlight**—Please remember **extra batteries and bulbs**. A “headlamp” is the most useful type because it keeps your hands free for other tasks.
- Backpacking Chair** – This is a lightweight fabric and foam seat that supports your back while sitting on the ground (Example: Crazy Creek).
- Gaiters** –Nylon covers that keep dirt and snow out of your boots. They are useful but not required.
- Camp Pillow** – Your fleece jacket works well and doesn't turn nasty if it gets wet, but a small camp pillow is fine.
- Wide-brimmed Hat** – Great on sea kayaking days or on the beach hikes for sun protection.

*Remember that space is tight so don't bring **too much** beyond the required and suggested items. **The water bottles, insulation layers, and shell layers are very important.** Please call us if you have questions about any of these items 1-888-954-5555.*

Recommended websites for good deals on gear:

Diamondbrand.com	Campmor.com
CampBound.com	SierraTradingPost.com
EMS.com	REI.com