



## PERSONAL EQUIPMENT LIST – BACKPACKING

(Everyone will want this! Leader: Please copy & distribute)

You will be carrying all items for your trip on your back. Therefore, it is necessary to be properly prepared to handle any circumstances you may encounter. Because weight and space limit what you can carry, a few items must be sufficient for a broad range of situations. The following list covers items we feel you will need. Note that weather in early and mid-June is, on average, going to be more extreme than weather in late July and August. Snow is a definite possibility for those coming early in the summer!!! **THIS LIST IS VERY IMPORTANT. YOU WILL BE DEPENDENT ON WHAT YOU BRING.**

### CLOTHING

- \_\_\_\_\_ Wool or fleece/pile jacket or sweater
- \_\_\_\_\_ Raincoat - completely waterproof; small ponchos you buy at Wal-Mart are **not** adequate
- \_\_\_\_\_ Long underwear top (non-cotton)
- \_\_\_\_\_ T-shirts (2 – preferably non-cotton)
- \_\_\_\_\_ Long sleeved shirt (preferably synthetic material like polyester or polypropylene)
- \_\_\_\_\_ Long underwear bottom (non-cotton)
- \_\_\_\_\_ Long pants (2 pairs in May and June—1 insulating layer and 1 wind/rain layer like nylon or Gortex. Only wind/rain layer needed for July & August)
- \_\_\_\_\_ Shorts (1 pair)
- \_\_\_\_\_ Underwear (2 pairs)
- \_\_\_\_\_ Liner socks (2 pairs of thin polypro or polyester)
- \_\_\_\_\_ Wool socks (2 pairs – 1 for hiking, 1 for camp in backcountry at night)
- \_\_\_\_\_ Hiking boots (most tennis shoes will NOT work—**make sure these are broken in prior to your trip**)
- \_\_\_\_\_ Old tennis shoes or sandals (to put on at camp after a day of hiking; they can also be used for your rafting trip, as long as they have straps that will keep them secure... you cannot wear shoes like Crocs on the river)
- \_\_\_\_\_ Wool/fleece stocking hat
- \_\_\_\_\_ Wool/fleece gloves or mittens (a thin pair will usually suffice, unless your trip is in May or early June)
- \_\_\_\_\_ Gaiters (optional)
- \_\_\_\_\_ Bandanna (optional)
- \_\_\_\_\_ Baseball cap or visor (optional)

### EQUIPMENT

- \_\_\_\_\_ Sleeping bag (20° or warmer is a must) – Sleeping bags can be rented at Noah’s for \$7 / person / night – **reservations for these is required**
- \_\_\_\_\_ Insulating pad (Closed cell foam like Ridgerest or Thermo-rest. We can provide this if needed.)
- \_\_\_\_\_ Cup and spoon; (16-20 oz. is sufficient, insulated plastic mugs with lid and handle sold at gas stations or Wal-Mart work well)
- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Headlamp or flashlight w/ fresh batteries
- \_\_\_\_\_ Small notebook and pen
- \_\_\_\_\_ Camera (optional)
- \_\_\_\_\_ Large, heavy duty trash bags (3)
- \_\_\_\_\_ **SUNSCREEN: waterproof, SPF 30 or higher** (2-4 can share)
- \_\_\_\_\_ Water bottles (2 - one-quart Nalgene bottles are best; we can provide them but it is nice to bring your own; we also have them to purchase in our lodge)
- \_\_\_\_\_ Camp chair (optional) This should be lightweight and packable like a Crazy Creek. You can rent a Crazy Creek for \$10 at our Lodge.
- \_\_\_\_\_ Duct tape (optional, 1 roll for the group ought to do)

### PERSONAL

- \_\_\_\_\_ Toiletries, including towel (for shower at Noah’s – **no soap, shampoo, perfume, cologne, deodorant, etc. on the trail!** 2-3 can share toothpaste on trail)
- \_\_\_\_\_ Glasses or contacts (if needed)
- \_\_\_\_\_ Hand sanitizer (small bottle)
- \_\_\_\_\_ 3 Zip-loc bags (1 large for notebook, 2 any size for miscellaneous use)
- \_\_\_\_\_ Lip balm with sunscreen
- \_\_\_\_\_ Any necessary medication (Please note this on your Release Form and your Health History/Consent Form.)
- \_\_\_\_\_ Moleskin for blisters
- \_\_\_\_\_ Insect repellent – (2-3 can share)
- \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ \_\_\_\_\_

**Group Leader.** You can fill in these blanks with anything specific you want your group to bring along, i.e. small Bible, lesson materials, other books, etc.

We will provide all other equipment you may need; however, if you would like to use your own backpack, water bottle, etc., please feel free to bring it. Know, however, that our guides will want to examine your gear to make sure it is suitable for the trip. Our guides will reserve the right to strongly discourage certain gear (inadequate or unnecessary) from being taken on the trail. Try to refrain from bringing a lot of extra gear. Remember, you will be carrying all of it!

Group leaders will be held financially responsible for any lost or damaged Noah’s Ark equipment used on their trip. Replacement costs are as follows: sleeping bag: \$100; backpack: \$50; mat: \$10; water bottle: \$5; whistle: \$3; pack cover: \$15; cooking pot: \$20; stove: \$40; tents: \$150.



To ensure that your group is prepared, your guides will take you step-by-step through the packing process in a “packing station” before entering the backcountry. We look forward to seeing you! In the meantime, we encourage you to initiate a physical conditioning program.

## SLEEPING BAGS

Sleeping bags must be rated to 20° or below. All bags appropriate for backcountry use will carry such a rating, but this is only a guide; your sleeping pattern should determine whether you bring a warmer bag. Bags should be insulated with either down or a synthetic fill such as of Qualofill, Hollofil, Polarguard, MicroLoft or LiteLoft. Down provides the best warmth to weight ratio of all fills, but must be kept completely dry. ***Flannel, cotton or low-quality bags are great for backyard campouts or sleepovers but are insufficient for backcountry use.*** Most areas have mountaineering shops that can tell you if your sleeping bag is appropriate. Conditions in the campground are less severe; however, you will still need a quality sleeping bag. Summer nights at 8,000 feet elevation can be quite cold. We still recommend a bag rated 0°-20° or below.

Appropriate sleeping bags are expensive, especially for one-time or once-a-summer use. A limited number of sleeping bags are available for rental from Noah's Ark for \$7.00 per night (subject to price change). **Sleeping bags must be reserved in advance to guarantee availability.** Please DO NOT call our office individually for sleeping bag rentals. Tell your group leader if you need to rent a bag and he or she can reserve bags for your entire group.

### Payment

The group leader should make one comprehensive sleeping bag payment. Noah's Ark will not take money from individuals for sleeping bags; the group leader should collect individuals' money. Sleeping bags must be paid for prior to being checked out.

## FOOTWEAR

Backcountry travel often requires leaving established trails, and carrying a pack through rugged terrain requires adequate ankle support and foot protection. Trips scheduled in June or July will very likely encounter snow. Even if your trip never leaves the trail, we strongly recommend hiking boots. The best boots are medium weight with leather uppers and lug soles, which provide the most protection, support and lasting value. Lightweight nylon and Cordura hiking boots provide a bit less protection and support, but often require little or no break-in period and are a cheaper alternative to leather boots. High top tennis shoes are acceptable if you do not have boots or cannot borrow a pair. New boots **MUST** be broken in prior to coming to Noah's Ark. Breaking in a new pair of leather boots often involves several weeks of painful blisters and we recommend you undergo this necessary trial before your trip with Noah's Ark.

A second pair of footwear should be brought on the trip as well. Sport sandals, such as Tevas or Chacos, work very well for this and can be used for stream crossings in the backcountry and rafting at Noah's Ark. Running shoes also work well but do not dry as quickly. Every person should have **two pairs of footwear** because when your feet get wet (and this usually happens in the backcountry) there is nothing like putting on a dry pair of shoes.

## CLOTHING

Wool and synthetic materials like polyester, polypropylene, Capilene, and fleece are best for backcountry use. We encourage you to bring these fabrics instead of cotton and similar materials. Cotton loses its ability to keep you warm when damp or wet. In contrast, wool and synthetic materials retain their insulating properties when wet and dry significantly faster. Our guides will strongly discourage taking cotton during the pre-trip packing station. Insulation, whether it be the fill in your sleeping bag or the clothes on your back, keeps you warm by trapping dead air space that your body can then warm. The most efficient way to accomplish this with clothing is to layer several thin garments, rather than wear one bulky parka. Multiple layers are lighter, warmer and allow for much more flexibility as conditions change. Your parka is either on or off, and you are either hot or cold. Wearing several layers lets you make much more precise adjustments. Rain gear should be completely waterproof, rather than simply a water-resistant windbreaker. Coated nylon or laminates such as Gore-Tex work very well. We have a limited supply of rain jackets or ponchos to loan out if you do not have your own.