

OLD School will provide the majority of your gear for the course. However, you will need to bring your own clothing, some gear, and toiletries. Feel free to bring whatever gear you have. If you are in doubt, bring it! We will inspect all of your clothing and gear to give suggestions on what to leave behind for each section and what items you still need to purchase. You may store any extra gear at our home base in Andrews.

**A note on cotton** - Cotton clothing is perfect for "in-town" sections, days off, and anytime you are in the front country. However, cotton is not allowed in the backcountry. Cotton has very poor wicking properties, meaning that it dries very slowly. Often we will be in conditions without a hot sun to dry us off and warm us up. We rely on our gear to keep us warm and safe. If cotton clothing gets wet in the backcountry, it will stay wet for a long time. Be careful not to use clothing that has a cotton/polyester blend. **Do not plan to use any cotton gear such as sweatshirts, socks, etc.. while in the backcountry.**

**A note on boots** - We recommend a mid-weight, comfortable, hiking boot. **Do not plan on hiking in tennis shoes, construction boots, sandals, etc.** Boots are probably the most important piece of gear for your course and a good fit is necessary. If you are purchasing hiking boots for the first time, visit your local backpacking store and get someone to fit you for boots. Your toes shouldn't jam in the end when walking downhill and your heel should lift slightly (1/8" or so) when walking. When trying on boots, be sure to wear the socks you will be hiking in.



One secret to dressing for outdoor travel is layering. The more layers you bring, the more options you have to maintain the optimal temperature while exerting yourself. It is hard to regulate body temperature if you only have one big jacket to take on and off. On the semester you will encounter a wide variety of temperatures. It is important that you bring layers that are warm, lightweight, dry quickly, and allow freedom of movement.

The following is a list of things you will need to bring on your course. Items are not optional unless indicated. Gear is a very important part of your course, so feel free to contact us for inexpensive options and recommendations for gear.

### **Upper Body Layers** Cotton is not allowed

- **Base Layer:** Long underwear top.
  - Synthetic, Merino Wool, etc.
  - *Example: Patagonia Capilene, Icebreaker wool*
- **Mid-Layer\*:** A lightweight jacket or pullover that can fit over your base layer.
  - Synthetic, Fleece, Wool, etc.
  - *Example: OR Radiant Hoody, Patagonia R2, Mountain Hardwear Monkey Man*
- **Insulated Vest (optional):** Adds extra warmth if you get cold easily.
  - Fleece or Synthetic fill (Primaloft, Thermal R, etc.)
  - *Example: Patagonia Nanopuff Vest, Cabelas Teewinot Vest*
- **Soft Shell Jacket (optional):** A lightweight, breathable, and weather resistant layer.
  - Powerstretch, Gore Windstopper, Polyester, etc.
  - *Example: OR Ferrosi, Marmot Approach*
- **Heavier Layer:** A synthetic insulated jacket that fits over your other layers.
  - Primaloft, Heavy Fleece. Avoid down as it loses the ability to keep you warm when wet.
  - *Example: Patagonia Nanopuff, Cabelas Teewinot, Patagonia R4*
- **T-Shirts:** Lightweight and quick drying for hiking and everyday use. Bring several.
  - Synthetic, Poly-propylene, Merino Wool, etc.
- **Rain Jacket\*:** Waterproof, breathable, and durable. Must be lightweight and packable
  - Nylon, DWR, Gore-Tex Paclite, Pertex, etc.
  - *Example: Marmot Precip, OR Helium, Patagonia Torrentshell*

### **Lower Body Layers** As a basic rule, lower body layers should mirror upper body layers

- **Base Layer:** Long underwear bottom similar to top layer.
  - Synthetic, Merino Wool, Polyester, etc.
  - *Example: Patagonia Capilene, Icebreaker wool*
- **Mid Layer (optional):** Some people enjoy the added warmth of another layer.
  - Capilene 3, Performance Tights

\* Available for rental or purchase

**Lower Body Layers** (cont.)

- **Insulating Pants\***: A very important layer on cold nights
  - Fleece or synthetic insulation
  - *Example: North Face Surgent, Mountain Hardwear Compressor*
- **Rain Pants\***: Similar to rain jacket, non-lined. Adds extra warmth and blocks wind.
- **Hiking Pants**: Breathable, lightweight synthetic pants. Used for every section.
  - Nylon, Nylon/Spandex blend
  - *Example: Columbia Silver Ridge, Prana Zion Convertible, OR Ferrosi*
- **Shorts**: Athletic nylon or similar. Comfortable for hiking and swimming.
- **Underwear**: Non-cotton. Men may prefer nylon shorts with a liner. Bring several pair.
  - Nylon, Lycra, Polyester, Merino Wool, etc.
  - *Ex Officio Give-N-Go, Patagonia Silk weight, Woolly Clothing Co*

**Footwear** Please see out note on boots

- **Boots**: Mid-weight hiking boots with good ankle support. Must be broken in before you arrive!
  - Full-grain waterproof leather, Gore-Tex, Nylon, Mesh, , etc.
  - *Example: Salomon Quest, Vasque Breeze, Merrell Moab, Asolo Power Matic, Lowa Tibet*
- **Camp Shoes**: Comfortable, lightweight shoes to wear around the campsite.
  - No flip-flops allowed
  - *Example: Crocks, Tennis Shoes*
- **Water Shoes**: Used for whitewater rafting and sea kayaking. Must have a back strap!
  - Tennis shoes, Sandals with back strap, Neoprene Booties, etc.
  - *Example: Chaco, Teva, Keen, Vibram Five Fingers*
- **Caving Shoes**: These shoes get dirty! Use something lightweight that will be comfortable when wet.
  - Tennis shoes or hiking boots work fine.
  - *Example: Vibram Five Fingers*
- **Socks**: Crew length, mid-weight hiking socks. You can also use a liner sock inside a heavier sock.
  - Wool, Synthetic, etc.
  - *Example: Smartwool, REI Light Hiker, Darn Tough*

\* Available for rental or purchase

## Other Clothing

- **Shade Hat:** For sea kayaking to prevent sunburns to your face and neck
- **Fleece/Wool Hat:** An absolute must and will be used on every section. Must cover your ears.
- **Buff (optional):** A nice piece worn around your neck that can be pulled over your mouth and nose.
- **Gloves:** Nice to have on cold mornings when handling equipment and cooking breakfast.
  - Fleece, Rag Wool, Powerstretch
  - *Example: Mountain Hardwear Powerstretch, Marmot Connect, Fox River Fingerless*
- **Wetsuit (optional):** For swift water rescue we will be in very cold water. You will be provided with 2mm "farmer john" wetsuits for the course. However, students who get cold easily may benefit from bringing their own (thicker) wetsuit.

## Gear

- **Sleeping Bag\*:** Must be lightweight and pack down small. Mummy style is necessary.
  - Synthetic filled bag rated to 15-30 degrees or lower.
  - *Example: Mountain Hardwear Pinole, North Face Cat's Meow*
- **Headlamp:** An extremely important piece of equipment. Will be used every day on each section.
  - Durable, Adjustable light strength, Red light setting is helpful for night reading
  - *Example: Black Diamond Cosmo, Black Diamond Spot, Petzl Tikka*
- **Toiletries:** Toothbrush, toothpaste, foot powder, chap stick, etc.
  - Small, travel sized items
- **Sunscreen:** Might not need it until sea kayaking, but good to have.
- **Notebook/Pens:** These are a must for all your note taking during the semester.
- **Bible:** Smaller is better, but be sure to bring both Old and New Testaments.
- **Knife:** Small, lightweight, folding knife for chopping food and cutting rope
- **Dry Bag/Stuff Sack\*:** Used to weatherproof your gear when packed in your backpack
  - Big trash bags, Nylon Stuff Sacks, Vinyl Coated Waterproof Bags, etc.
  - *Example: OR Dry Sacks, Exped Dry Bag, Sea-to-Summit Dry Bags, Seal Line Bags*
- **Watch:** Required for your WFR course. Having an alarm to wake you up in the woods is nice.
  - Digital, Water Resistant
- **Bug Spray:** Absolutely necessary for sea kayaking.

\* Available for rental or purchase

### **Optional but suggested**

- **Camera:** Small, lightweight point and shoot. Durable enough to handle wear and tear on the trail.
- **Books:** Bring a few good paperback books for pleasure reading.
- **Sunglasses:** Nice to have during rock climbing and sea kayaking.
- **Bandanna:** Multi-use item in the backcountry.
- **Camp chair:** Very nice to have. You will use this every day.
  - *Example: crazy creek, helinox, grand trunk*
- **Water bottles:** Some people like to use their own instead of borrowing ours.
  - Two 32oz water bottles or equivalent.
  - *Example: Nalgene, Platypus, Camelbak, Sigg*

### **In-town stuff you'll need**

- **Casual Clothes:** Bring some warm casual clothes for wearing in-town and between sections.
- **Additional Money:** For meals on days off, laundry, souvenirs, etc.
- **Personal Equipment:** Have fun on your days off. Bring a mountain bike, kayak, whatever!

When you get here, you will be issued items for your course that you will need: backpack, food bowl, sleeping pad, etc. You will be responsible to keep track of all the gear issued to you. In addition, the entire OLD School semester group will be issued gear: stoves, tents, tarps. You will be held responsible to pay for any damaged or lost gear issued to you out of and above your \$100 deposit. The cost for any group gear lost or damaged will be dispersed among the entire group. If your gear is returned back in good condition, your deposit will be returned to you.