

Walkabout 2023 Gear List

IMPORTANT: All items on this list are to be packed together INSIDE **one** large duffel bag and **one** daypack. No suitcases or garbage bags will be allowed. Gear may be organized within the duffel bag by placing it in stuff sacks or large Ziploc bags. Please label personal equipment with the student's name. Equipment should not be clipped or hanging from the outside of the duffel bag.

It is imperative that the list below be followed EXACTLY (no more and no less). This will ensure both comfort and safety on Walkabout. We may encounter temperatures ranging from 20°F to 100°F, in addition to rain and/or snow. Please bring items that need not be replaced as desert conditions can cause permanent damage or staining.

CLOTHING:

Tops:

- _____ - 5 short sleeve T-shirts (2 of which MUST be synthetic or tech material)
- _____ - 1 Walkabout shirt
- _____ - 1 synthetic long sleeve shirt
- _____ - 1 thermal/baselayer long sleeve shirt (midweight synthetic or smartwool)
- _____ - 1 warm sweater or sweatshirt (preferably fleece or polartec)
- _____ - 1 midweight jacket (midweight "puffy" preferred)
- _____ - 1 rain jacket (able to be worn over midweight jacket)***

Bottoms:

- _____ - 8 pair of underwear
- _____ - 3 pair synthetic shorts (no jeans or cotton shorts)
- _____ - 2 pair synthetic pants (no jeans or sweatpants)
- _____ - 1 pair of thermal/base wear pants (midweight synthetic or smartwool)
- _____ - 1 pair rain pants***

Shoes/Socks

- _____ - 1 pair of hiking shoes/boots (completely closed toe)
- _____ - 1 pair of river shoes/sandals - Chacos, Keens, or Texas (NO FLIP FLOPS)
- _____ Optional: an old pair of tennis shoes to wear for canyoneering day (could wear river shoes/sandals though)
- _____ - 2 pair heavyweight wool socks
- _____ - 4 pair lightweight wool socks

Clothing Accessories

- _____ - 1 brimmed hat (baseball or sunhat)
- _____ - 1 winter hat (covers the ears)
- _____ - 1 pair winter gloves
- _____ - 1 pair sunglasses (with Croakies)
- _____ - 1 swimsuit (one piece, athletic cut)
- _____ - 1 bandanas

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Camping Essentials

Camp/Sleep System

- _____ - 1 Sleeping bag rated for comfort at 15°F WITH compression bag
- _____ - 1 packable Sleeping pad (maximum 3.5" depth and NO power inflated mattresses)
- _____ - 1 Travel pillow (optional)

Toiletries/Personal Care

- _____ - 1 toothbrush and toothpaste, carried in a Ziploc bag marked with name (non-electric)
- _____ - 1 environmentally friendly soap and/or shampoo (will be washed away in river)
- _____ - 1 hairbrush or comb
- _____ - 2 sticks of chapstick SPF 15+
- _____ - 1 sunscreen lotion **and** 2 spray bottles of sunscreen SPF 30+ in a clear ziploc bag
- _____ - 1 deodorant
- _____ - 1 bottle of moisturizing lotion
- _____ - 1 container of insect repellent
- _____ - feminine hygiene products and a non-transparent disposable bag (for packing out)
- _____ - saline nasal spray (for the dry climate)
- _____ - vaseline or "body glide" for chafing
- _____ - 1 small bottle of aloe

Other Personal Gear

- _____ - 1 daypack of approximately 15-25L
- _____ - 1 string daypack
- _____ - 2 1L Nalgene bottles (required even if a bladder is being used)
- _____ - OPTIONAL 1.5-2L Camelback style bladder
- _____ - 1 reusable plate (metal or plastic)
- _____ - 1 reusable set of utensils (metal or plastic)
- _____ - 1 reusable mug/cup with handle (metal or plastic)
- _____ - 1 mesh bag for place, utensils, and cup
- _____ - 1 quick dry towel
- _____ - 1 headlamp (with 2 extra SETS of batteries)
- _____ - Optional: playing cards, small packable game sets, frisbees
- _____ - 2 writing utensils
- _____ - ***1 packed lunch in brown paper bag for travel day on Thursday, May 11th***

THINGS TO LEAVE AT HOME!

- Phones, iPods, headphones/earbuds, portable gaming systems
- Knives, lighters, Swiss Army knives or multitools
- Cameras (teachers will be responsible for taking pictures)
- Personal snacks/food (outside of the first day's packed lunch)
- Medication outside of those known to the school (Advil, Tums, etc)

Notes about rain gear:

- Waterproof/Breathable (WP/BR) rainwear is recommended, examples include Gore-Tex, MemBrain (Marmot), Dry.Q (Mountain Hardwear), REI Elements, and HyVent (The North Face).
- Try the gear on to confirm that it fits; it is important that warm layers can fit underneath
- It is best if rain pants include zippers from the bottom of each leg so they can be put on/ taken off over shoes.

