

## Wilderness Professional Semester Participant Packing List



\* Read this packing list carefully as it will help ensure that you are appropriately prepared and outfitted for your semester. Some required items will overlap through the various activities included in the semester. You don't have to bring a double helping of these items, but do make sure to bring an adequate amount. You will be able to store any personal items in your on campus housing if it is not taken on a specific trip.

\* Some items are required and some are suggested. Required items must be brought with you when you arrive at basecamp. Communicate in advance if there are any items you would like to rent from us. If you do not have a required item or have brought a personal piece of equipment that will not meet your needs, Wilderness Trek will rent it to you if we are able. If we are unable you will be required to obtain the item as quickly as possible.

Backpacking & Camping Clothing		
Layering is the process of combining various layers of clothing to provide moisture wicking, insulation, and protection from the wind and rain. By utilizing various combinations of clothing layers we can protect ourselves and travel comfortably in the backcountry regardless of what weather we might experience. Clothing items should be synthetic or wool because these fibers have the ability to maintain their ability to insulate even when wet. Cotton, however is a fiber we want to avoid because it loses its ability to insulate when wet; a characteristic that makes it not suitable for our trips.		
Item		Notes
Required		
Base Layer		Long Underwear Top & Bottom - Light-weight or Mid-weight, synthetic or wool only. No cotton!
Mid Layers (Tops & Bottoms)		These will be your insulating layers. Make sure to bring an adequate amount of mid layer options in various weights since this is where your insulation will come from. These clothing items need to be synthetic or wool. Possible examples are fleece jackets or pants, wool sweaters, thicker bottoms etc. Make sure that they are sized to be able to fit over your base layers or if you are wearing multiple mid layers.
Pants		Synthetic pants, typically a nylon or synthetic blend. Pants will offer additional protection during off trail travel, and will provide UV protection while travelling at higher elevation.
"Puffy" Jacket		Synthetic fill jacket. We allow down jackets, but synthetic fill jackets will maintain an ability to insulate if they get wet, unlike their down counterparts.
Rain Jacket		Rain jacket with a hood - <b>Rain ponchos are not acceptable for the nature of our trips.</b> Make sure that your rain gear is of quality construction, effective, and waterproof; you do not want to find out in the field that it does not work. It is very important to make sure that your rain gear will fit well even when you have multiple layers on.
Rain Pants		Waterproof pants of quality construction. Rain pants with zippers at the bottom of each leg will make it easier to put on and take off your rain pants with boots on. It is very important to make sure that your rain gear will fit well even when you have multiple layers on.
Wind Protection		Your rain gear can double as your wind protection layer or you can purchase a layer specifically for dry, windy weather.
Underwear		Synthetic or wool hiking underwear.
T-Shirts		Multiple synthetic or wool shirts.
Shorts		Synthetic light weight shorts. Can be used on warmer hiking days and are great for time on the river.

Socks		5 to 6 pairs of wool mid-weight socks for extended trips. We will use these on almost all of our trips.
Hiking Boots		Well built, mid-weight waterproof hiking boots with adequate ankle support are best for our backpacking trips. Please make sure to anticipate how long it might take to break your boots in when deciding to purchase.
Warm Hat		Wool, fleece, or synthetic hat that covers your head and ears. A beanie usually works perfectly.
Hat		Ball cap or wide brim hat for sun protection. Very helpful at higher elevations.
Gloves/Mittens		Insulating gloves. Temps can get cool at night in the mountains even during summer.
<b>Optional Gear</b>		
Buff		A warm and versatile article of clothing. Can help keep your neck and face warm in colder weather.
Liner Socks		These help in wicking sweat from your feet and help cut down on the formation of blisters.
Glove Liners		These work great as a lightweight pair of gloves on their own in warmer temps. If you tend to have colder hands then you should consider bringing these for additional insulation with your other gloves or mittens.
Bandanna		Great for a number of miscellaneous uses and as a clothing item.

<b>Personal Backpacking Equipment</b>		
<p>The equipment listed below is what you will be needing in order to be adequately outfitted for the locations and expected weather of our trips. If you are unsure about your personal equipment reach out with questions prior to your course or go ahead and bring your personal equipment and your instructors will check it out. If it isn't adequate for our needs during the program you can rent the necessary equipment from us.</p>		
Item	Rental Price	Notes
<b>Required Gear</b>		
Backpack	\$100*	A pack with a capacity of 65 liters, or above, is necessary for our trips. It is important to make sure that your pack fits your torso length correctly. If you are unsure what pack would work best for you then rent one of our packs for use during the program. You'll have a better understanding of what you are looking for in a pack when you go to purchase your own after your course is over.
Day Pack		A medium sized day pack with a capacity of 20-40 liters.
Sleeping Bag	\$50	A thirty degree (30°F) synthetic fill backpacking sleeping bag will be adequately warm for our summer trips. We do allow down bags but synthetic fill sleeping bags will maintain an ability to insulate if they get wet, unlike their down counterparts. Sleeping bags tend to have different temperature ratings for men and women; make sure to educate yourself on what bag you are purchasing and its accurate ratings to make sure it is adequate for your needs. A sleeping bag is not a piece of gear to compromise on. Your bag needs to be adequately compressible for the nature of our backpacking trips. No roll style bags will be acceptable. If you arrive with a sleeping bag that is inadequate for your needs in the program you can rent one from us. <b>Sleeping Bag Examples</b> - Big Agnes Gunn Creek 30, Marmot Trestles Elite Eco 30, REI Trail Pod 30.
Sleeping Pad	\$5	Sleeping pads are for insulation from the ground as well as comfort. Choose a sleeping pad that best meets your needs. If you bring an inflatable sleeping pad its repair kit is required. If you don't want to purchase a sleeping pad you can rent one of our foam pads for your time in the program.

Water Storage		You are required to have at least 3 liters of personal water storage. A hydration bladder such as those made by platypus or camelback are very convenient and useful, but it is also nice to have a waterbottle.
<b>Optional Gear</b>		
Trekking Poles		These can help with stability, endurance, and hiking speed. Strong poles that telescope are easier to pack and hold up well on longer trips. A low cost alternative is old ski poles.
Gaiters		Gaiters offer additional protection for your lower legs and boots. They are really great for helping keep scree out of your boots, hiking through mud/water, insulating your legs, and protecting your pants/legs. They come in various styles and lengths. Gaiters designed for backpacking will best suit your needs during the program.
Pack Cover		If you decide to purchase a rain cover for your pack make sure it is big enough to cover your pack when it is completely full and/or has a sleeping pad or tent strapped to it.
Compression Sack		A compression sack is an easy way to compress and store your sleeping bag while on trail. Many come in waterproof/resistant varieties that offer an additional level of protection from the elements. Lawn and garden trash bags are a low cost alternative for stuffing and waterproofing sleeping bags.
Hammock		You may bring a personal backpacking hammock if you would like. Your instructor can let you know what trips you will be able to pack it on.
Sleeping Bag Liner		A sleeping bag liner is a great way to add additional warmth to your sleeping bag. If you know you are a cold sleeper a sleeping bag liner could be a great personal investment.
* This is the rental price for an entire semester. If the pack is only needed for one trip the price will be adjusted accordingly.		

<b>Climbing Equipment</b>		
We will be climbing regularly during the program and you will need quality, appropriately fitted gear. We ask that you bring any personal climbing gear if it is of quality construction, in good condition, and relatively new. Please let us know if you have any questions when shopping for climbing related equipment and we will be happy to offer some advice.		
Item	Rental Price	Notes
<b>Required Gear</b>		
Harness	Provided	Bring your personal harness if you have one, if you don't we can provide you with one free of charge. Any personal harnesses will need to fit you well and be comfortable enough for long days in the field, have a belay loop, and have multiple gear loops as well.
Helmet	Provided	Bring a personal climbing helmet if you have one, if you don't we can provide you with one free of charge.
Climbing Shoes	\$40	It is important that your climbing shoes be comfortable enough to spend all day in. Be careful when purchasing climbing shoes as you are often encouraged by retail staff to excessively size down. Climbing shoes can be very different in regards to sizing and fit from company to company, but can also vary significantly from one shoe model to another even when made by the same manufacturer. It is our suggestion that you plan to purchase your climbing shoes in person so you can try them on and try them out. Make sure your climbing shoes will be snug enough to perform well, but aren't painful or uncomfortable. A shoe with a neutral profile will best serve our needs.
Chalk Bag	\$5	A chalk bag will allow you to carry personal chalk on your climbs to aid you in maintaining a better grip on the wall.

Chalk		Personal climbing chalk will make sure you have chalk when you need it.
<b>Optional Gear</b>		
Approach Shoes		Approach shoes make scrambling, working at the cliff edge, and accessing climbing areas much more secure and enjoyable compared to "street" shoes. Additionally they are more professional and functional than sneakers or other shoes during our AMGA courses. <b>Approach Shoe Examples</b> - 5.10 Guide Tennie, Scarpa Crux, La Sportiva Boulder X, Evolv Cruzer.
Personal Climbing Gear		Belay devices, quickdraws, ropes, carabiners, etc. If you have any personal climbing equipment please bring it. When we begin the climbing portion of the program your instructor can inspect your equipment and help you determine what will be best to bring on our subsequent climbing trips.

<b>Canyoneering Clothing &amp; Equipment</b>		
<p>During the canyoneering portion of the course we will descend technical slot canyons in Utah that have been carved through sandstone by the flow of water. To descend these canyons we use ropes to rappel or be lowered, we down-climb, and we hike. Due to the abrasive nature of the sandstone encountered in the area we go Canyoneering, items and clothing taken into the canyons can become significantly worn. It is important to be aware of that and to take only clothing and items that you feel comfortable being heavily used/worn. It is not uncommon for canyons to have standing water in them and items tend to get wet and sandy.</p>		
Item		Notes
<b>Required Gear</b>		
Footwear		Footwear that will fit securely on your feet and has good traction/grip. Sneakers you don't mind getting wet are acceptable. Approach shoes also work well for canyoneering but can be easily torn up.
Clothing		Long pants and long sleeves that you don't mind getting worn/damaged. Blue jeans usually work well as pants. Regular long sleeve shirts will be fine. It's important that your clothing fits in a way that does not hinder your ability to move or climb.
Day Pack		A small daypack/backpack of around 20L that you don't mind getting worn/damaged.
<b>Optional Gear</b>		
Knee Pads		Canyoneering requires a lot of full body contact with the rock, as well as various types of stemming. Knee pads can be nice to have when using knees for stemming, traversing, down climbing, and transitioning into some rappels.
Canyoneering Harness		We will provide harnesses for canyoneering, but if you would like to buy your own or already own one we encourage you to bring it. If it doesn't meet your needs during the course you can use one of our harnesses.
Small Waterproof Container/Dry Bag		Canyons can have standing water in them that we are required to wade or swim through. A small, water-tight container, or dry bag, can be nice for some small items and even for storing extra dry layers in. A low cost alternative is double bagging items in quality plastic bags.

<b>River Clothing &amp; Equipment</b>		
<p>Extended time on the river is a wonderful thing, but it is an environment that is very often sunny, hot, windy, chilly, and especially wet! When packing for the river you want to make sure that you are packing items and clothing that will dry quickly, protect you from the sun, and manage your temperature well based on expected conditions. We will be travelling to the interior of Mexico for our whitewater rafting training. Expect hot, sunny days, and warm nights. Focus on clothing that provides sun coverage and protection, and dries quickly.</p>		
Item		Notes

<b>Required Gear</b>		
Sunglasses		Water reflects a lot of the sunlight that hits it and sunglasses will enable you to better see rapids and possible water hazards. Polarized lenses are more effective. If you require glasses, prescription sunglasses might best serve your needs.
Water Bottle		A one liter waterbottle that can be easily and securely closed.
Sunscreen		Waterproof sunscreen that is easy to reapply regularly.
Synthetic/Wool Clothing		Synthetic and or wool clothing will help you maintain an appropriate temperature when wet and will dry faster than cotton fabrics.
Hat		A hat that is great for blocking the sun. A ball cap or flexible wide brim hat will work. The hat needs to be able to fit under your provided whitewater helmet.
Footwear		Shoes that will stay securely on your foot that you don't mind getting wet. Toe coverage is preferred and encouraged. If you are planning to use sandals they need to have a secure heel strap.
<b>Optional Gear</b>		
Sunglasses Lanyard		A strap to make sure your sunglasses stay attached/on during your time in whitewater.

<b>Basecamp Clothing &amp; Personal Items</b>		
These items are for use during time on campus, off days, and town days.		
Item		Notes
<b>Required Gear</b>		
Bedding/Pillow		Bedding for a twin size bed. Things like sheets, comforter, pillow case, etc.
Storage		Personal storage devices for organizing your living space. Plastic dressers are usually a great option.
Toiletries		Personal hygiene products - shampoo/conditioner, bodywash, deodorant, toothbrush & paste, shaving items etc.
Clothing/Footwear		Regular clothing and footwear for time at home, around campus, and in town.
Worn Clothing		Clothing that you don't mind getting stained/damaged. During the WFR portion of your course the instructors typically use moulage & make up to create more realistic medical scenarios. The moulage can stain clothing items.
Laundry Items		Dirty clothes bin/bag & personal laundry detergent. There is a laundromat on campus
Wallet/Checkbook		Personal identification/Driver License, credit & debit cards, any other important paperwork/financial items. These will be used on days off or if you need to make purchases during your time in the program.
Cell Phone & Charger		We will be using personal phones as in field resources on multiple trips. House and car chargers are great to have.
Bible		Great for personal study times and devotionals, and for use with the ministry curriculum of the program.
<b>Optional Gear</b>		
Hobbies		Items that don't take up too much space that you can utilize during your off time and on off days.
Books or Electronic Reading Device		Great for when we are on trips, travelling for trips, in the evening, or on off days.

<b>Miscellaneous Items</b>		
These are various additional items that will be necessary, or useful, during your time in the program.		
Item		Notes
<b>Required Gear</b>		
Watch		A watch with a second hand or digital seconds and a timer.
Swimsuit		A personal swimsuit will be great on some trips and a good thing to have for off days at basecamp as well.
Headlamp		A good headlamp of quality construction and adequate brightness. Bring extra batteries for your headlamp if yours is battery operated. We will use this for every trip so make sure to have it with you when you arrive.
Personal Medications		Any personal medications or prescriptions that you will need during your time in the program
Personal Glasses/Contact Lenses		If you require glasses or wear contact lenses bring an extra pair of glasses in case you run out or break your first pair.
Passport		<b>Make sure that your passport will be valid for a few months after the end of your course</b> because sometimes countries require your passport to be valid for a certain amount of time prior to allowing you to enter. With that knowledge please renew your passport if necessary.
Alarm Clock		You can bring an alarm clock or just use the one on your phone
<b>Optional Gear</b>		
Musical Instrument		Please limit this to instruments that don't take up much space. These items would be used on off days.
Laptops		We will use personal lap tops in the course during times of planning and preparation for various trips and activities.
Chapstick		Chapstick with UV protection will be nice on many of our trips.
Multitool		A great resource for our times in the field. Bring one if you have it.
Mountain Bike & Helmet		Mountain biking is a fun off day activity and there are lots of resources at and around our basecamp facilities at Glorieta Camps. Any biking done on campus requires you to wear a helmet.
Insulated Mug		A personal insulated mug is a nice item to take on trail or to use during our day trips.
External Battery		A small external battery is a nice resource for longer trips in the field when we are using our phones as informational and navigational tools. Any additional cords necessary should be brought as well.

<b>Equipment Provided by Wilderness Trek</b>		
Wilderness Trek will provide all group equipment for each activity during the program.		
Tents/Shelter		We will provide any tents/shelters necessary for our trips.
Cooking Equipment		We will provide cooking equipment for your time throughout the program. This includes backcountry trips, base camp trips, car camping trips, and cooking equipment in your housing.

Maps & Guide Books		All relevant maps and guide books for the areas we will be travelling.
Compasses		
GPS Devices		
First Aid Kit		We carry a well stocked first aid kit on our trips. You will not need pack yours for use in the field, but can bring personal medications for your own use.
Helmets		We will provide these for Canyoneering and Climbing. Bring your personal helmet if you have one.
Harnesses		We will provide these for Canyoneering and Climbing. Bring your personal climbing and/or canyoneering harness if you have one.
Climbing Protection		We will provide climbing protection and equipment for both Traditional and Sport climbing.
Climbing Ropes		We will provide all necessary dynamic and static ropes, but feel free to bring yours if you would like.
Canyoneering Equipment		We will provide all necessary rigging and rappelling equipment for canyoneering.
Canyoneering Ropes		We will provide all necessary dynamic and static ropes, but feel free to bring yours if you would like.
Rafts		The rafting organization we partner with provides the river equipment.
Paddles		
Personal Flotation Device's		
Wet Suits		
Splash Gear		
Whitewater Helmet		