

FALL WFLC PERSONAL EQUIPMENT LIST

The following equipment list is what we recommend you bring for the Fall WFLC. Please **do not** supplement the list, as weight and bulk will be important.

When in the wilderness, the best clothing system is the most versatile one. A system where one can take off or add layers as the temperature drops or rises is very important. In this concept we use three layers to dress ourselves; a wicking layer (Polypropylene Long Underwear), an insulating layer (Fleece), and a wind/water shell layer (Rain Jacket).

We recommend that you **first** see what you have, **second** borrow from a friend, and **third** see what we can lend you that you cannot get on your own.

Required Items:

- Daypack (used during the day hike to hold your raingear,water and snacks)
- Dry Bag (we provide this bag to hold **all your personal gear**- acts like a frame pack)
- Sleeping bag (should be good to 40F. If not, bring an extra blanket)
- Sleeping pad
- 1 pair hiking shoes
- 1 pair wet shoes (i.e. teva's/sandals)
- Underwear
- 1 pair of long underwear (polypro)
- 1 pair of long pants
- 2 pairs of shorts
- Bathing suit (it can be warm enough to swim!!)
- 1 or 2 short sleeve shirts
- 1 or 2 long sleeve shirts
- 1 sweater (wool, polypro, fleece etc.)
- 1 jacket (wool, fleece-enough to keep you warm at 40F)
- 1 windbreaker
- Rain suit (**must be water proof w/ hood for jacket**)
- 1 wool or fleece hat
- 1 pair of wool or fleece mittens/gloves
- Toothbrush and toothpaste and other toiletry articles
- Insect repellent
- Sunblock (15 or higher)
- 2 quart size nalgene water bottles
- Flashlight and batteries
- Journal and pencils or pens

Optional Equipment:

- Reading material
- Jackknife
- Camera and film
- Towel (for swimming)
- Sunglasses

Please Do Not Bring Radios, Artificial Noisemakers, Cell phones, or Extra Food