Having appropriate clothing and equipment for your specific TREK trip is essential for your safety and your comfort. Below is a list of equipment you will need to participate in Climbing TREK.

Please note: When you arrive for your check experience, TREK leaders will check your pack to ensure you have all the necessary items from this list prior to departure. This ensures both your safety, as well as the safety and enjoyment of others in your trip.

CLOTHING

A requirement for most of the clothing listed here is that it is not made from cotton. While cotton is affordable and comfortable, when it rains, cotton absorbs a lot of water (making it very heavy), it doesn’t dry quickly (keeping you wet and cold longer) and the fibers compress (reducing its ability to keep you warm). Wool and many synthetic fibers don’t absorb a lot of water, dry quickly and maintain their ‘loft’ when they get wet. Hence, the specificity here for cotton, vs. non-cotton ☺️

- 1 15-liter stuff sack to contain clothes (and become your pillow!)
- 1 Set of Non-cotton long underwear tops / bottoms – Synthetic or wool (no cotton) – think Under Armor or similar.
- 2 Quick dry t-shirts (No cotton)
- 1 Cotton t-shirt (optional) – some find comforting to change into a cotton t-shirt once in camp if the weather is nice
- 2 pairs of Quick dry/athletic shorts (No cotton) – these should be comfortable and not restrictive to climb in all day long.
- 1 pair hiking pants (optional) – Great for climbing if you’re worried about getting scuffs and scrapes on your knees while climbing.
- 1 windbreaker jacket (optional) – These layers are great for windy but sunny summits to break up the cold.
- 1 waterproof rain jacket – The best test for waterproofing is to hold the material up to your mouth and try to suck air through it. If you can’t get any air through, it’s for certain waterproof…though some fancier jackets are both breathable and waterproof.
- 1 pair waterproof rain pants
- 2-3 pairs wool / synthetic fiber socks – (no cotton)
1 Fleece/or lightweight synthetic down jacket – if a light down jacket, consider synthetic down because we live in a wet part of the world and once goose down gets wet it doesn’t keep you warm.

2 – 4 pairs underwear - However many you need for a week’s worth of living outdoors – we’re not here to judge! no cotton

1 Light warm hat - wool or synthetic fiber

PERSONAL ITEMS

1x Pair Light Hikers or Sneakers or Approach Shoes - no sandals, sport sandals, or Crocs.

1 Pair camp shoes/closed toe sandals – (chucks, tennies, sneakers...etc.)

Sun Hat or Bandanna

1 pair sunglasses and protective case

Toiletries - Toothbrush/paste, hairbrush (if you have hair to brush), lip balm, sunscreen, extra contacts (if you wear them), contact solution, glasses if you wear contacts throughout the day and any medications you may need, menstrual products, Band-Aids, wet wipes (optional) for a “trail shower” ...etc.

1 ‘Mystery bag’ – Every participant should bring 1-gallon Ziplock bag that is in one way or another made opaque – purchase an all-black one, cover a clear one in duct tape...etc. These are used to carry out your used toilet paper, wet wipes, menstrual product and Band-Aids.

ESSENTIAL EQUIPMENT

1 Large Duffel Bag 65-80 liters.

1 Day Backpack (35-40 liters)

1 Sleeping bag (30-20-degree rating) - No cotton, and should be synthetic down.

1 Sleeping pad –

2 One-Liter plastic or metal water bottles – Must be durable and reusable. Nalgene makes a very good reusable water bottle. A reused 32oz Gatorade bottle is more affordable and will last just about the length of your TREK trip.

Plastic or metal eating/dining set - bowl, spoon/fork, and mug. Plastic Tupperware and disposable cutlery works just fine!

1 Thermos or mug

1 Pocket Knife/Leatherman multi tool

1 Headlamp with extra batteries.
OPTIONAL ITEMS

- Camera
- Personal Journal and Pen
- Musical instrument that easily travel (no full-size guitars)
- Favorite Poem or Prose for around the campfire
- Nighttime reading Book

CLIMBING GEAR

We provide all of the following, but you are welcome to bring your own if you have it. Just be sure it meets the following parameters. If you don’t know whether it does or not either leave it at home or drop a line to Devin Farkas the Assistant Director of Student Life for Outdoor Programs and resident rock expert at devin.farkas@uvm.edu

Rock Climbing Harness
- You must know how old it is and it cannot be more than 7 years old
- It must be in good working condition
- It must fit you well

UIAA certified climbing helmet
- Not a bike helmet, paddling helmet or ski helmet, one that explicitly states it is made for rock climbing
- It must be in good working condition
- It must fit you well

Rock Climbing shoes
- They must be in good working condition
- They must fit you well

1x Manual belay device
3x locking carabiners
Chalk Bag