Wilderness TREK Rock Climbing Packing List:

Headwear:
___ 1 baseball cap or sun visor
___ 1 fleece ski hat
___ 1 headlamp (w/ extra batteries!)
___ 1 pair of sunglasses

Upper body clothing:
___ 1 polypropylene or woolen long underwear top base layer (cotton is not acceptable!)
___ 2 t-shirts (polypropylene is preferred!)
___ 1 fleece jacket (sweatshirts and other cotton items are not acceptable!)
___ 1 light nylon windbreaker jacket (this is a good anti-mosquito layer)
___ 1 waterproof rain jacket (breathable preferred, no ponchos!)

Lower body clothing:
___ 1 polypropylene or woolen long underwear bottom base layer (cotton is not acceptable!)
___ 2-3 pairs of underwear
___ 2 pair of nylon hiking shorts
___ 1 bathing suit
___ 1 pair of fleece pants
___ 1 pair of waterproof rain pants (breathable preferred)

Footwear:
___ 3 pairs of medium weight hiking socks (polymix wears better)
___ 1 pair of hiking boots, low cut hikers, or approach shoes (WELL BROKEN IN!!!)
___ 1 pair of sneakers or TEVA type sandals (to wear in camp)

Equipment:
___ 1 large duffel bag
___ 1 day sized backpack
___ 1 sleeping bag (mummy style rated to 30 degrees or lower)* Cotton bags not acceptable!
___ 1 foam sleeping pad (Ensolite, Thermarest or Ridge Rest)
___ 2 one-liter water bottles
___ 1 thermal mug, bowl and spoon
___ 1 cotton bandanna
___ toiletries (toothbrush, paste, brush, sunscreen, lip balm. No soap or shampoo!)
___ 1 small pocket knife

We Also Recommend You Bring the Following Climbing Gear:

_______ 1 rock climbing harness
_______ 1 UIAA certified climbing helmet
_______ 1 pair of climbing shoes
_______ 1 ATC type belay device (Reverso acceptable, No Gri-Gris please)
_______ 2 locking carabiners (pear shaped)
_______ 1 chalk bag

Please let us know if you’ll need to borrow equipment by e-mailing jdabbott@uvm.edu.
*If you wear contact lenses you MUST bring a pair of glasses as a back-up!
Optional Items: Crazy Creek chairs, Camelbak, sunglasses, camera, book, readings to share, personal journal, Frisbee, hackysack or wool gloves!