

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 wtrek@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!