

# BACKCOUNTRY EQUIPMENT LIST

*Folks are always concerned about what they need to bring for a OWA excursion. We make every effort to help you minimize the volume of gear needed, since we all know quality gear does not come cheap. OWA generally supplies all group gear which includes cooking gear, food, tents, and technical equipment for climbing. Below is the equipment list that we use for our regular OWA programs. Some of the items are optional and will be listed as such.*

**1. SLEEPING BAG-** suitable for temperatures down to +20 degrees, OWA can provide if needed.

## **2. CAMERA**

**3. HYDRATION PACK OR WATER BOTTLE-** 2 one liter or quart plastic wide mouth bottles or equivalent hydration pack.

## **4. SMALL NOTEBOOK AND PENCIL**

**5. TOILET ARTICLES-** small sizes, toothbrush

**6. WARM CAP-** preferably wool or fleece with ear protection for those mountain cold spells

**7. SUN CAP-** something with a brim to protect against the sun

## **8. BATH TOWEL**

## **9. SMALL DAYPACK OR FANNY PACK**

**10. INSECT REPELLANT-** squeeze bottle lotions are best; use anything with DEET at your own risk!

## **11. PERSONAL MEDICATION**

**12. HEADLAMP OR FLASHLIGHT-** small with extra batteries

**13. FOOTWEAR-** can be your single most important piece of gear

**A. TRAIL BOOTS-** we highly recommend lightweight boots for most trips; they should be comfortable and fit with heavy socks; some good brands are Hi-Tech, Vasque, Nike, Sportiva, REI, Asolo, Montrail and Salomon

**B. TENNIS SHOES-** these are used both for rock climbing and wading streams—they will be abused!

**C. CAMP SHOES-** Trail sandals or synthetic booties are best; something dry and comfortable to put on in camp when everything else is cold and wet

**D. ROCK SHOES /MOUNTAINEERING BOOTS-** Optional (OWA will supply if you don't have your own)

## **14. CLOTHING-**

A. 2 pr. jeans or other pants for road travel

B. 2 pr. synthetic sweat pants (pile, fleece, polypro, etc.) for the trail

C. 4 pr. shorts

D. 5 t-shirts

E. 7 pr. underwear

F. 1 set long underwear- choose from synthetics like polypro, Thermax, Lycra, Capilene, etc.— NO COTTON

G. 2 pr. light synthetic sock liners

H. 2 pr. heavy wool or pile socks

I. 2 pr. cotton athletic socks

J. 2 long sleeve shirt- wool or synthetic is best; cotton is useless when wet

K. 1 heavy wool sweater or synthetic jacket (fleece, pile, etc)

L. 1 lightweight cheapy pancho

M. 2 bandanas

N. **RAINING GEAR-** this is important; should be a hooded jacket and should include pants; coated nylon is fine, but a bit hot sometimes; Gore-tex and other breathable fabrics are state of the art, but more expensive; plastic, PVC, and rubber are not practical and will self destruct; these should not be insulated (very lightly insulated will work ok)

O. 1 pr. wool or pile gloves or mitts or ski gloves

P. 1 pr. waterproof mitten shells or ski gloves (not required)

Q. 1 pr. tall gaiters (not required)

R. 1 or 2 pr padded bike shorts if planning to ride mt bikes

## **15. SUNGLASSES**

**16. Sunscreen—**sweat proof

## **17. LIP BALM AND SUNSCREEN**

## **18. GOOD READING MATERIAL**

## **19. MATCHES OR DISPOSABLE LIGHTER**

**20. BACKPACK- 3500+ Cubic inches or larger for Alpine trips 2500 Cubic inches for climbing trips or similar.**

## **21. EXTRA EYEGLASSES OR CONTACTS**

**22. TRAIL SNACKS- bring plenty of good snacks for each day that won't spoil, are nutritious & that you like**

## **23. SMALL TRAVEL BAG OR DUFFEL- for use on the road**

**24. OPTIONAL BIKE/CLIMBING/FISHING GEAR- Team members may bring any pertinent biking or climbing gear**

## **NOTES:**

OWA will supply backpacks, tents, cooking gear, climbing gear and fly fishing equipment although team members may bring their own.

Sleeping bags and pads are available for rental for. They must be reserved in advance.