

## **YOUR PERSONAL EQUIPMENT**

If you have any questions regarding any of these items on the Equipment List, please contact the Camp Director

### **LOWER BODY LAYERS**

You will need 1-2 synthetic insulating layers. All must fit comfortably over each other so they can be worn in combination.

<b>EQUIPMENT</b>	<b>QTY</b>	<b>COMMENTS</b>	<b>CODE</b>	<b>CHECK</b>
Base Layer (mid-wt) synthetic	1	long underwear bottom		
Long Pants	1	no heavy jeans		
Underwear	3	Compression shorts recommended		
Hiking Shorts	2			

### **UPPER BODY LAYERS**

It is imperative to layer your clothing, combining different garments to achieve protection from the elements and optimum insulation. Synthetic or wool layers are recommended as they insulate when wet. Avoid cotton, as it does not insulate when wet.

<b>EQUIPMENT</b>	<b>QTY</b>	<b>COMMENTS</b>	<b>CODE</b>	<b>CHECK</b>
Base Layer (mid-wgt) synthetic	1	long underwear top		
Middle Layer (Fleece pullover)	1	opt - wool sweater		
Top Layer (synthetic jacket)	1	wool or polar fleece ok		
Rain Jacket or Poncho & Rain Pants	1	lightweight & sturdy	A	
Shirt - Short Sleeve	2	moisture wicking no cotton or nylon		
Shirt - Long Sleeve	1	moisture wicking no cotton or nylon		
Sports Bra	2	synthetic		

### **HEAD-NECK-HAND**

<b>EQUIPMENT</b>	<b>QTY</b>	<b>COMMENTS</b>	<b>CODE</b>	<b>CHECK</b>
Wool or fleece hat	1	warm hat for cold temps		
Glove liners or mittens	1pr	synthetic wool		
Baseball cap or wide brim hat	1	sun protection of ears, face		

## **PACKS AND BAGS**

<b>EQUIPMENT</b>	<b>QTY</b>	<b>COMMENTS</b>	<b>CODE</b>	<b>CHECK</b>
Backpack	1	internal frame 75L +/- 4600 cu inches external frame 65L +/- 3966 cu inches		
Summit/Daypack	1	side hikes	T, S, O	
Lashing Straps	1 pr	holds sleeping bag on pack		
Gal. Ziploc Bags	6-12	pack clothes		
Pack Cover	1	waterproof		
Small Stuff Sacks	2 - 3	pack/ personal items		
Ditty Bags	2 - 3	pack/ personal items		

## **SLEEPING GEAR**

<b>EQUIPMENT</b>	<b>QTY</b>	<b>COMMENTS</b>	<b>CODE</b>	<b>CHECK</b>
Sleeping Bag	1	rated 20 degrees and less than 5 lbs/packed in compression sack lined w/ plastic bag		
Waterproof Stuff Sack	1	Or 2 heavy duty 4-6 mil plastic bags		
Sleeping Pad	1	closed-cell foam or fully inflatable pad		
Sleep Clothes	1 set	Worn only in sleeping bag-t-shirt & gym shorts acceptable.		

## **FOOTWEAR**

<b>EQUIPMENT</b>	<b>QTY</b>	<b>COMMENTS</b>	<b>CODE</b>	<b>CHECK</b>
Boots	1 pair	well broken in *		
Socks	3 pair	synthetic or wool	T	
Liner Socks	3 pair	synthetic		
Camp Shoes	1 pair	sturdy light weight sneakers		

## **MISCELLANEOUS ITEMS**

<b>EQUIPMENT</b>	<b>QTY</b>	<b>COMMENTS</b>	<b>CODE</b>	<b>CHECK</b>
Bowl	1	deep bowl of lightweight material		
Mug/Cup	1	measuring style recommended 12-20 oz.	T, O	
Spoon/Spork	1	Lexan or lightweight-sorks are popular		

Water Bottles/1 qt	3 or more	qty reduced if also using hydration bladder in pack	T, A, BB	
Pocket Knife	1	small knife sufficient	T, A, S	
Matches/Lighter	1	pack in waterproof container/lighting camp stove	A, BB, S	
Flashlight/Headlamp	1	durable/lightweight-bring extra batteries	T	
Trekking Poles w/rubber tips	1 pair	reduce impact - 25% - knees & ankles, improve balance	T, O	
Topographical Map	1		T, A, S	
Compass	1		T, A, S	
Bandana/tubular headgear	2	bandanas or headgear also known as Buffs work well/ many brands on the market	BB	
Money	\$50	For Trading Post or after trek meal.	BB	
Lip Balm	1	moisturizing balm w/SPF 25 or greater	A, BB	
Soap	1	biodegradable	BB, S	
Toothbrush	1		BB	
Toothpaste	1	trial size	BB, S	
Camp Towel	1	small, quick dry		
Tampon/Pads			BB	
Personal Medication		enough for entire trek	BB	
Sunglasses	1			
Watch	1		O	
Camera	1	batteries/memory card	BB, S	
Whistle	1		T	
Food Powder	1		BB, S	
Notepad & Pen	1		T, BB, O	

\* High quality hiking boots that are broken-in are required for the trails at Spanish Peaks. Your trek will cover uneven rocky surfaces and steep trails. Hiking boots that fit properly and are well broken-in will prevent injury. **For safety reasons, sneakers or tennis shoes will not be permitted as the primary hiking footwear for any trek participant.**

#### ITEMS PROHIBITED

- Deodorant
- MP3 Players
- Hammocks
- Radios
- Video Game Devices

## **EQUIPMENT PROVIDED BY CREW**

**Necessary Items For Each Crew (7-12 Persons) To Bring Or Purchase On Arrival**

<b>EQUIPMENT</b>	<b>QTY</b>	<b>COMMENTS</b>	<b>CODE</b>	<b>CHECK</b>
Sewing Kit	1		T	
First Aid Kit	1	see Pg 42	T, BB	
Duct Tape	1	for trail repair	T, BB	
Spices		for cooking	T, BB, O	
Waterproof Ground Cloth	1/tent	6' x 8'	T	
Nylon Cord	3	50 ft x 1/8"	T	
Sunscreen	2 - 3	6 oz tubes w/SPF 25 or higher	T, BB	
Insect Repellent	2	small bottles, no aerosol spray cans	T, BB	
Water Purifiers/Filters	2 - 3	optional	T, O	
Multi-Tool	1		T	
Trowel/Shovel	1		T	
Carabiner	1	Carabiner must be rated climbing strength for rigging "oops" bag w/bear bags	T	

## **EQUIPMENT ISSUED BY SPSR**

**Each Crew of 7-12 Persons is Issued the Following Equipment Free of Charge (Except for Damage or Replacement Charges Upon Return)**

<b>EQUIPMENT</b>	<b>QTY</b>	<b>COMMENTS</b>	<b>CHECK</b>
Nylon Dining Fly	1	12' x 12' , wt 4 lbs	
Collapsible Poles	2	for dining ly, wt 1.45 lb	
Tent Stakes	5 per person		
Water Container 2.5 gal	2 - 3	collapsible	
Backpacking Stove	2 - 3		
Fuel Bottle/ 1 QT	2		
Fuel Funnel	1		

Water Purifiers/Filters	2 - 3		
BackPacking Tent w/poles	1 per 2 campers	weight w/poles 5 lbs, 13 oz	
Cooking Pot	1	8 qt w/lid, 2 lbs	
Dishwashing-2nd cooking pot	1	8 qt , 1lb,4oz Or 6 qt , 1lb,9oz Or 4 qt , 10oz size dependent on crew size	
Beverage Pot	1	2 qt w/lid, 8 oz - optional	
Chef Cutlery Kit	1	1 lg spoon, 1 lg spatula 4 oz	
Hot Pot Tongs	1 pair	4 oz	
Plastic Trash Bags	10		
Salt Pepper			
Dishwashing Soap, Hand Sanitizer, Scrub Pads			
Water Purifier Tablets, Micropur-1 tablet treats 1 liter			
Nylon Rope 100 x 1/4"	2 - 3	Weight 2 1/2 lbs	
Bear Bags	3 - 6	for hanging smellables 2lbs, 4oz	
Plastic Strainer & Rubber Scraper	1 ea	4 oz	
Toilet Paper		Resupplied	

**CODE:**

- (T) Available for purchase at the SPSR Trading Post.
- (A) Easily accessible in pack or carried on person
- (BB) Packed together in plastic bag - placed in bear bag at night
- (S) Share with buddy
- (O) Optional

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