

WIU ECOEE CLOTHING AND EQUIPMENT LIST

All personal clothing and equipment will have to fit *IN* your ECOEE-issued duffle bag, expedition pack, and/or van backpack. We will want to avoid "floating" items in the van and trailer, like books, shoes, hats, etc. It is easy for our space to get messy with so many of us. The goal is order and tidiness.

FRONTCOUNTRY

- Casual clothing and footwear, perhaps 3-4 days-worth. Include your ECOEE wear and professional visit attire. Consider the temperature and geographic changes we will encounter (summer-winter, potentially 95 to -30 degree F; easy to tough terrain; etc.).
- Toiletries and medications. Think reasonable sizes of containers, as we will be able to purchase items conveniently along the way. (Where can we go any more where there is not a Wal-Mart?)
- Special laundry needs-- bring special detergent if you require it; otherwise, we may purchase group detergents and softeners, etc.
- Study and lesson material: books, paper, pens, journals/notebooks, handouts, plans, project material, computers, jump drives, etc.
- Electronics. You may bring cell phone, music players, games, etc. However, realize that there will be norms/expectations set on when and where these will be appropriate in group life.
- Other. You may bring games, cards, sports items, pleasure reading, etc.-- within reason, of course. At Horn, we may have to pick and choose from the "collection" which items actually make it into the trailer. ☺
- Other part B: if it will fit in your bag you may be able to bring it!

BACKCOUNTRY

The weather on ECOEE is dependent on itinerary, ecosystems visited, season, and local conditions. The following is a "typical" backcountry gear list that should cover most situations. You need to bring all the required items. It is a list of *minimums*, so, for example, if you know you get cold easily, please make additions appropriately. You will have limited room and storage capacity.

Backpack Section- Required Clothing

- | | |
|--|--|
| <input type="checkbox"/> 2 T-Shirts (cotton, synthetic, or blends) | <input type="checkbox"/> 1 pr of wool or pile 200 weight pants* |
| <input type="checkbox"/> 2 pr underwear or lined shorts (at least one pair cotton) | <input type="checkbox"/> 1 wool or pile stocking cap |
| <input type="checkbox"/> 1-2 pr hiking shorts (one can double as your swim trunks) | <input type="checkbox"/> 1 hat with a brim or visor |
| <input type="checkbox"/> 4 pr socks - wool/polypropylene or a blend* | <input type="checkbox"/> 1 pr of wool or pile mittens or gloves |
| <input type="checkbox"/> 1 long underwear top and bottom - polypro, silk, or capilene* | <input type="checkbox"/> 1 swim suit |
| <input type="checkbox"/> 1 nylon wind breaker- top and bottom | <input type="checkbox"/> 1 pr of gaiters |
| <input type="checkbox"/> 1 lightweight wool, synthetic, or fleece shirt* | <input type="checkbox"/> 1 pr of full leather hiking boots* |
| <input type="checkbox"/> 1 heavyweight wool or 300 weight pile sweater or jacket* | <input type="checkbox"/> 1 pr of camp shoes- dependable and sturdy enough to work as a back-up for boots |
| | <input type="checkbox"/> 2 bandannas |
| | <input type="checkbox"/> 1 raingear* (top and bottom) |
| | <input type="checkbox"/> watch with alarm |

Backpack Section- Required Equipment

- | | |
|---|---|
| <input type="checkbox"/> 1 backpack, internal or external frame 5,000 cu. in. or >* | <input type="checkbox"/> 1 bowl |
| <input type="checkbox"/> 1 sleeping bag- rated at 20 degrees or lower, synthetic- not down* | <input type="checkbox"/> hydration system: 2 liter/quart bottles, bladders |
| <input type="checkbox"/> 1 ensolite pad or thermarest | <input type="checkbox"/> 1 6 oz tube of sun block |
| <input type="checkbox"/> 1 small backpack for day hikes | <input type="checkbox"/> 1 mosquito repellent (30% or better DEET) |
| <input type="checkbox"/> 1 orienteering compass (Silva) | <input type="checkbox"/> 1 lippy with 30 spf or better |
| <input type="checkbox"/> 1 flashlight or head lamp with extra batteries | <input type="checkbox"/> personal first aid kit |
| <input type="checkbox"/> 1 pocket knife with can opener or multitool, NO Rambo knives | <input type="checkbox"/> blister care: 2 sheets of moleskin, 10 bandaids, Vaseline, crazy glue, etc. |
| <input type="checkbox"/> 1 pr sunglasses with complete UVA and B filtration (polarized recommended) | <input type="checkbox"/> Prescription or non-prescription medications you normally use |
| <input type="checkbox"/> 1 whistle | <input type="checkbox"/> toiletries: toothbrush, floss, paste, comb, lotion, biodegradable soap, pads/tampons, nail clippers, powder, babywipes,. |
| <input type="checkbox"/> 1 pr spare prescription glasses or contacts | <input type="checkbox"/> 2 large heavy duty garbage bags |
| <input type="checkbox"/> 1 fork or spoon | <input type="checkbox"/> 5 large ziploc type bags |
| <input type="checkbox"/> 1 mug | |

- 1 journal

- 2 pencils and 1 pen

Backpack Section- Optional

- mosquito headnet
- binoculars
- camera and extra film
- extra, extra batteries
- crazy creek type camp chair
- fishing rod, reel, lures
- bivy sack
- sleeping bag liner or small sheet
- pack cover
- waterproof over mits/gloves
- sandals (will be in addition to camp shoes)
- trekking poles

Rafting Specifics

The guides will provide shelters, ground pads, eating and cooking gear, raft equipment, dry bags, chairs, etc. The guides may have other specifics for us, but in general this is a typical list.

- 2 shorts
- 2 T-shirts
- socks
- 1 brimmed hat
- sunglasses
- 1 sun shirt (long sleeve, UV protection)
- water shoes, sandals that will stay on your feet (no flip flops)
- camp shoes
- 1 long underwear top and bottom
- 1 insulative top layer (fleece, pile, etc.)
- 1 pant (nylon, etc.)
- rain top
- 2-3 bandanas (one for a towel)
- toiletries, babywipes
- personal first aid kit
- journal, study and lesson material, etc.
- sunscreen and lippy!
- water bottles
- other: binocs, camera, film, bug repellent, garbage bags, ziplocks

Joshua Tree Specifics

This will be much like the backpack section. You will have the opportunity to create your own lists.

Baja California Sea Kayak Specifics

Our guides will provide all the kayak equipment, dry bags, shelters. We will find out later which group gear of ours we will need to bring. By this time you should be able to decide what you need to bring. However, some items of note include the following: (This is NOT everything!!!!)

- Stuff: sunscreen, lippy, sunglasses, day pack, trash bags, ziplocks, hydration system, babywipes, personal dry bag if you need to use your own, snorkel gear, fishing gear, camp chair, paddle gloves if you have them, bandanas, sleeping bag liner if you have one, etc.
- Clothes: long sleeve sun/UV shirt, hike shoes and socks, water shoes, paddle clothing, camp clothing (don't want to live in our swimsuits all week!), long pants, insulative tops, shade hat, etc.
- Other: to be determined

*** EQUIPMENT NOTES**

We encourage you to bring any equipment you would like to use on the program. There is no reduction in tuition for bringing your own equipment. If it is not approved by your instructor, you may leave it with your personal belongings and rent available equipment. We do not have a supply of clothing to be rented. So, please come as prepared as possible.

BOOTS:

They must have a one-half to three-quarter shank sole. Soft soles hunting boots with no shank will NOT be accepted. All leather boots are best, however if you have waterproof/synthetic boots that fit the above criteria you may bring them. Be sure to get the appropriate size, as they function differently than tennis shoes.

SLEEPING BAGS:

Synthetic insulated bags (fiber fill, Dacron II, Polargaurd, Holofill) with a nylon shell work well, as they insulate even when wet. Down bags are acceptable. It is advisable to use a waterproof bivy sack with a down bag to help prevent it from getting wet; as wet down provides zero insulation. A mummy design with a hood and zipper baffle is essential. Avoid large rectangular bags and those with flannel liners.

BACKPACKS:

External or internal packs are acceptable. Internal packs tend to be more compact and wear closer to the body (aiding balance and mobility). External packs tend to be roomier and wear further from the body (cooler).

WOOL / SYNTHETIC ITEMS:

It is required that all students bring the wool/synthetic items listed. When worn next to the skin, these materials provide a layer of warmth that insulates even when wet. In comparison, wool tends to be heavier and bulkier, often scratchy on the skin, and sometimes smells when wet. Synthetic fabric is also relatively bulky, however, it is much more expensive. Great places to get a deal on wool, and even sometimes synthetics, are second-hand stores, the Good Will, and the Salvation Army. Acceptable synthetic fabrics include quality polyester pile, polar fleece, polypropylene, capilene, and others.

RAIN GEAR:

Coated nylon (which is fairly cheap) or Gore-tex is required. Do not bring plastic rain gear; it will not last through the entire trip. Do not bring ponchos. A rain parka and pants are recommended. A cagoule is okay.