



## **Backpacking Clothing and Equipment**

**Please Print the following list and use it to pack your clothing for Senior Challenge. All of these items are required.**

*If you have questions about equipment, please e-mail [ryan@blackmountainexpeditions.com](mailto:ryan@blackmountainexpeditions.com)*

*Rain gear is essential* -The weather in Western North Carolina is unpredictable and there are certain to be days of rain or cold. A waterproof jacket is necessary for protection from getting cold and wet (a situation which can lead to hypothermia).

*Your boots should be broken in prior to arrival* - This will save you much discomfort once we are on the trail. Use of any personal gear is subject to instructor approval.

*Loss or Damaged Gear*-Participants will be charged the replacement value for any lost or unreasonably damaged equipment.

*Finding the gear you need*-There should be few items to purchase new. Check through family closets and trunks or borrow from others. If you must purchase items, visit a thrift or outlet store to greatly reduce costs. Function is the primary concern; fashion is non-essential! You can check out the following websites for excellent prices, particularly for boots or polypropylene long underwear. [www.backcountry.com](http://www.backcountry.com), [www.rei.com](http://www.rei.com)

*Boot Sizing*-Boots must fit properly. We know that a boot which fits loosely is better ventilated, will keep the foot drier and warmer, and will cause fewer blisters than a snug-fitting boot. Feet move inside the boots regardless of the tightness of fit. The tighter the boot, the more pressure is applied against the skin. If damp cotton socks are worn, the condition is worsened when the fabric grabs the softened skin with every step. However, the conviction that a snug fit is necessary is so prevalent that it is difficult to overcome. In fact, nearly all our students who bring their own boots (which have been fitted in stores) have foot problems on an expedition because the boots fit too snugly. Please get sized by a professional at a specialty shoe store such as REI. Please contact us if you need help locating a place to get appropriately sized.

*Valuables*-It is advisable that expensive items such as watches, rings, i-pods, etc. are not brought to this program. We cannot be responsible for these items while on the expedition. Everything you bring should be marked clearly with your name; including shoes, equipment, etc.

*Avoid cotton when at all possible*- Once cotton gets wet, it will not dry and its insulating value is gone. All garments should be made of synthetic materials or wool.

*Plan to pack multiple layers*- a base layer, insulating layers of varying thicknesses, and a water windproof layer to keep warm. This way you can easily shed or add layers at any time and stay comfortable.



## Required Clothing

### Upper Body-

- Lightweight long sleeve tops (1) - synthetic material - no cotton (ie. under armour, patagonia capilene)
- Mid weight Fleece (1) - synthetic
- Rain Jacket with Hood (1) - should come well-below waist - quality is important here, must be waterproof with taped seams
- T-Shirts (2) - synthetic preferred
- Baseball cap (1)
- Wool or Fleece Hat (1) - should cover your ears

### Lower Body

- Underwear - (5-sets) - cotton OK, synthetic preferred
- Long underwear (2) - synthetic material - no cotton
- Synthetic Hiking Pants (1) - wind pants or waterproof
- Nylon hiking Shorts (1-2)
- Women Only - Swimsuit (1) - modest 1-piece
- Hiking boots (1) - broken-in boots are essential. Look for a light weight waterproof hiking boot. Work boots and winter boots are not acceptable
- Socks - (3-pair)
- Sport Sandals or camp shoe (1) - light-weight footwear for in-camp, no flip flops

### Personal Equipment -Required

- Headlamp with one set of extra batteries
- Toiletries: Toothbrush/toothpaste, contacts, insect repellent, feminine hygiene products, etc.
- (Female only): 1 gallon ziplock bag covered in duct tape.
- Glasses with retaining strap (if applicable) – should have as backup if participant wears contacts.
- Prescription medications: NO OVER THE COUNTER MEDS, we provide etc. – Give all medications to Instructor
- Freezer Zip-Loc Bags: (3-4) - for storing journal, pens, and other small items.
- Heavy-duty trash compactor bags (3) - for sleeping bag, clothes)
- Non-breakable spoon
- Non-breakable bowl
- Non-breakable cup for hot drinks
- 2- 1 Liter water bottles, such as a Nalgene bottle.



### Optional Items You May Enjoy

- Sunglasses
- Bandanas or Pack Towel

**Personal Equipment – The following items may be provided by Black Mountain Expeditions at no additional charge. You must reserve any equipment needed prior to August 1st.**

- Internal or External frame Backpack-Minimum of 4000 cubic inches is required
- Sleeping Bag w/ Stuff Sack- Mummy style sleeping bag rated to at least 35 degrees
- Sleeping pad- lightweight foam or inflatable (ie. Thermo-rest) If you bring an inflatable, you must also bring the accompanying patch kit