


## Gear List


**A majority of the following items are *required*.** If you arrive for check-in without any of these items, you will be required to purchase them from the College (if available) or from a local retailer at premium prices with limited selection.

**Your pack weight is equivalent to the weight of the gear you put into it.** Or, as the old backcountry adage has it, “Ounces equal pounds, and pounds equal pain.” Purchase lightweight gear! For example, instead of purchasing a heavy headlamp, purchase a small, lightweight headlamp; instead of a larger tube of toothpaste, purchase a travel-sized tube. Every little item adds up.






**Gear Reservation Form.** At the end of this course packet is a gear reservation form. Any item you wish to rent or purchase from the College must be noted on this reservation form and submitted by July 1<sup>st</sup>.

Item	Description	Quantity	Buying Options
<b>TOP LAYERS</b>			
<b>Short Sleeve T-Shirts</b> (Base Layer/Hiking Top) Required 	Wool or synthetics like polypropylene, capilene, nylon, polyester, etc. Synthetics will dry faster than wool, but also retain body odor. (Modest tank tops also work for women.)  Brands include: REI, Patagonia, Mountain Hardware, Outdoor Research, Columbia, etc.	2	NOT available from WCC  Can be purchased from Wal-Mart or other sporting goods store
<b>Long Sleeve T-Shirt</b> (Base- Layer/Hiking Top) Required 	This serves as a mid-weight base-layer.  Wool or synthetics like polypropylene, capilene, nylon, polyester, etc.  REI, Patagonia, Sierra Designs, Mountain Hardware, etc.	1	NOT available from WCC  Can be purchased from Walmart or other sporting goods store
<b>Mid-Weight Pullover</b> Required 	Mid-weight insulating layer. Wool sweater or lightweight fleece.  REI, Patagonia, Adidas Mountain Hardware, etc.	1	NOT available from WCC






## TOP LAYERS (continued)

<p><b>Insulating Jacket</b> (Insulating Layer) Required</p> 	<p>Medium to heavyweight full length zip fleece down/synthetic or sweater</p> <p>Mountain Hardware, Outdoor Research, Patagonia, etc.</p>	1	<p>Purchase your own OR</p> <p>Rent: Fleece \$20.00</p> <p>Rent: Puffy Jacket \$50.00</p>
<p><b>Fleece Vest</b> Optional</p> 	<p>Medium weight fleece or synthetic vest</p> <p>Mountain Hardware, Outdoor Research, Patagonia, etc.</p>	1	NOT available from WCC
<p><b>Waterproof Rain Jacket</b> (Outer Shell Layer) Required</p> 	<p>A sturdy, <u>waterproof</u>, lightweight, packable jacket with a hood.</p> <p>Single-ply, waterproof, breathable fabrics (such as Gore-Tex®) are ideal. Make sure that the jacket is truly waterproof!!</p> <p>Mountain Hardware, Outdoor Research, Patagonia, Adidas, Black Diamond, etc.</p>	1	NOT available from WCC
<p><b>Sports Bra</b> Required (Women)</p>	<p><i>Synthetic (non-cotton)</i> sports bra</p>	2	NOT available from WCC

## BOTTOM LAYERS

<b>Synthetic Hiking Pants</b> Required		Synthetic (nylon) pants that zip off at knee to convert into shorts; should have large zipper or Velcro at ankle to allow them to be pulled on/off over boots  Columbia, North Face, Outdoor Research REI, etc.	1	NOT available from WCC  Can be purchased from Walmart or other sporting goods store
<b>Long Underwear Bottoms</b> (Base Layer) Required		Mid-weight long underwear bottoms made of synthetic, Capilene, wool, or polypropylene  REI, Patagonia, Under Armor, Minus33, Smartwool, etc.	1	NOT available from WCC
<b>Waterproof Rain Pants</b> (Outer Shell Layer) Required		Sturdy, <u>waterproof</u> , lightweight, packable, with side zippers for taking on/off over boots. Single-ply, waterproof, breathable fabrics (such as Gore-Tex®) are ideal. Full zippers work best.  Mountain Hardware, Outdoor Research, Patagonia, Black Diamond, etc.	1	NOT available from WCC
<b>Underwear</b> Required		All underwear must be synthetic, silk or merino wool. <i>No cotton underwear.</i>  Find at any major athletic store.	3	NOT available from WCC
<b>Hiking Socks</b> Required		Medium weight wool or synthetic blend hiking socks. <i>No cotton.</i>  Smartwool, REI, Wigwam, Icebreaker, etc.	3 pairs	NOT available from WCC
<b>Liner Socks</b> Optional		Lightweight wool or synthetic blend liner socks. <i>No cotton.</i>  Liner socks help prevent blisters. If you don't break in your boots you really need these socks.	1-2 pairs	NOT available from WCC

## HEAD AND HANDS

<b>Beanie/Hat</b> Required  	A fleece or wool hat.  <i>No cotton.</i>	1	NOT available from WCC  Can be purchased from Walmart or discount stores
<b>Ball Cap/Visor/Sun Hat</b> Required  	Keeps the intense sun off your face.	1	Purchase your own OR  Buy COR Expeditions logo hat from WCC \$18.00
<b>Lightweight Gloves</b> Required  	Fleece gloves to keep hands warm during cold mornings and evenings. (Will also need for Winter Expedition.)	1 pair	NOT available from WCC
<b>Mosquito Head Net</b> Required  	Mesh netting for a head covering	1	Rent \$3.00  NO NEED TO BUY
<b>Neck-Gaiter/Buff or Balaclava</b> Optional  	Keeps face, head, and neck warm  This is important if you get cold easily. Buffs, like bandanas, also have many purposes.	1	NOT available from WCC

# FOOTWEAR

## Hiking Boots Required



Durable *backpacking* boots with a proven sole (such as Vibram®) and ¼-¾ shank are required. (A shank is a hard (often metal) shaft inserted into the sole to prevent flexing.) High top (at least ankle height) *backpacking* boots, designed with extra support and durability are required to handle more than just body weight.

**Asolo:** Power Matic series; TPS series; Power Light series; Matrix series; Energy series

**Garmont:** Dakota; Synchro Plus; Cypress, FC Eco 4.0

**La Sportiva:** Thunder II; Cascade

**Lowa:** Tahoe; Tibet; Banff; Pingora; Mauira

**Montrail:** Feather Peak

**Oboz:** Wind River

**Scarpa:** Mustang; Barun; Nepal Pro; SL M3; Escape

**Vasque:** St Elias; Wasatch; Bitterroot; Summit; Sundowner; Clarion; Breeze; Taku

1 pair

NOT available from WCC

**DO NOT PURCHASE AT WALMART or other discount stores!!**

You need quality boots that fit and will last for four years.

## Gaiters Required



Durable, full-length gaiters. Outdoor Research (Rocky Mountain High or Croc) gaiters work best. NO ZIP-UP GAITERS. Velcro works best. Size up for wearing with your boots

1 pair

Purchase your own OR

**Buy from WCC \$27.00**

Rental NOT available

## Camp Shoes Required





Crocs or off-brand camp shoes are required. *Must cover toes!*

1 pair





NOT available from WCC

Can be purchased from Walmart or discount stores.









## BACKPACK

<b>Backpack Required</b> 	<p>Must be an expedition quality internal frame backpack, with at least a 4000 cubic inch capacity (also known as a 60-70 liter backpack).</p> <p>Deuter, Osprey, Gregory, Kelty Red Cloud, REI, etc.</p>	1	<p><b>Rent \$40.00</b></p> <p>NO NEED TO BUY - you can use for all 4 years - we only charge for freshman trips</p>
<b>Pack Cover Required</b> 	<p>A waterproof pack cover is an essential piece of equipment to keep gear dry while hiking in the rain.</p>	1	<p><b>Rent \$7.00</b></p> <p>NO NEED TO BUY</p>

## SLEEPING SYSTEM





<b>Sleeping Pad Required</b> 	<p>Full-length, closed-cell foam pad to insulate from the ground. Therm-a-rest pads work best. Therm-a-rest air mattress will be more comfortable than foam pad, but not as durable.</p>	1	<p><b>Rent from WCC Foam Pad \$12.00</b></p> <p>NO NEED TO BUY unless you want a more luxurious inflatable pads</p>
<b>Therm-A-Rest Repair Kit Required if ...</b> 	<p>A hot bond/patch repair kit is essential, in case you pop a hole in your Therm-A-Rest pad.</p> <p><b>Required if bringing an inflatable sleeping pad.</b></p>	1	<p>NOT available from WCC</p>
<b>Sleeping Bag Required</b> 	<p>Should be a lightweight bag ranging from 0-20 degrees. Should be down or synthetic mummy bag. Suggested bags come from Marmot, Mountain Hardware, Sierra Designs, REI, etc.</p>	1	<p><b>Rent \$30.00</b></p> <p>NO NEED TO BUY</p>
<b>Compression Stuff Sack Required</b> 	<p>Decreases the size of bulk items (sleeping bag) within your backpack. Medium size is recommended.</p>	1	<p><b>Rent \$5.00</b></p> <p>NO NEED TO BUY</p>

## MISCELLANEOUS ITEMS





<b>Headlamp</b> Required 	Should be lightweight and durable; an LED headlamp will last longer than a standard one.	1	NOT available from WCC  Buy a quality, name brand headlamp that will last 4 years.
<b>Whistle</b> Required 	Makes it easier to signal to others if lost and in case of other emergencies.	1	NOT available from WCC
<b>Bandanas</b> Required 	Need two, one red and another of any bright color you choose. No camouflage or dark brown, grey, black, etc.	2 total: 1 red and 1 color of your choice.	NOT available from WCC
<b>Headlamp batteries (AA or AAA)</b> Required	Extra batteries for headlamp. No rechargeable batteries. (Lithium works well in cold.)	2 sets	NOT available from WCC
<b>Sunglasses</b> Required 	Must be 100% UV; no metal frames.	1	NOT available from WCC
<b>Sunglass Retainer</b> Recommended	Chums, croakies, etc.	1	NOT available from WCC
<b>Wrist Watch</b> Required	Should have an alarm	1	NOT available from WCC
<b>Pocket Knife / Multi-Tool</b> Optional 	One small pocket knife or multi-tool with knife  Leatherman, Swiss Army, Buck, and Gerber knives work well.	1	NOT available from WCC
<b>Notebook &amp; Pen</b> Required 	Please bring a small notepad and pen(s) for notes during lessons and reflection time. No 8.5"x11" notepads. 6x4 or 8x6 work well.	1	NOT available from WCC
<b>Sun Block</b> Required 	Minimum SPF 30, (2-6oz) bottles. Bringing SMALL, travel-size containers is required!!	1	NOT available from WCC
<b>Lip Balm</b> Required 	SPF Required! Minimum SPF 15	1	NOT available from WCC







## MISCELLANEOUS ITEMS (cont.)

<b>Body Glide</b> Required 	.45 ounces of anti-blister and anti-chafing stick. Helps prevent blisters, <i>but nothing works better than breaking in your boots well before the trip.</i>	1	Buy from WCC \$8.00 Rental NOT available
<b>Toothbrush</b> Required 	Can be cut in half to decrease weight.	1	NOT available from WCC
<b>Toothbrush Case/Cover</b> Required 	Lightweight case to keep your toothbrush clean in your pack.	1	Buy from WCC \$1.00
<b>Toothpaste</b> Required 	Small travel-size toothpaste, 1-2 ounces	1	NOT available from WCC
<b>Feminine Hygiene Products</b> Required for women	Normal amount needed.		NOT available from WCC
<b>Duffel Bag</b> Required for outdoor week trips	Large duffel bag that zips closed to keep personal belongings organized and contained.	1	NOT available from WCC

## PERSONAL KITCHEN ITEMS

<b>Bowl w/ airtight, screwtop lid</b> Required 	16 ounce sturdy, hard plastic bowl with screw tight lid. Ziplock or Gladware not acceptable.  Nalgene, GSI	1	Buy from WCC \$10 Rental NOT available
<b>Nalgene Bottle</b> Required 	32oz lexan Nalgene water bottle. (Hydration bladders such as Camelbacks are not allowed.)	2	Buy from WCC COR Expeditions logo (colors vary) \$12.00 Rental NOT available
<b>Spoon and fork</b> Required 	Lexan spoon and fork	1 each	Buy set from WCC \$2.00 Rental NOT available
<b>Camp Chair</b> Required 	Crazy Creek or other foldable or inflatable chair for cooking, eating, lessons and group discussions every evening.  Must be less than 1.5 pounds or 24 oz.	1	Buy from WCC \$25.00 – reg or or \$32.00 – luxury (2 inches taller and wider)  Rental NOT available



<b>Dr. Bronner's Soap</b> Recommended 	Biodegradable soap.  SMALL (2oz) travel size only.	1	NOT available from WCC
<b>Insect Repellent</b> Recommended 	Recommended during mosquito season in the mountains; small travel-size bottle or wipes, no aerosol.	1	NOT available from WCC
<b>Trekking Poles</b> 	Trekking poles make hiking easier on your body; help with stream crossings, hills, and give support to weak knees or ankles.  Must buy Black Diamond or Leki.	1 pair	Rent from WCC \$20
Hand Lotion	Travel size, 3-5 ounces	1	NOT available from WCC
Camera	Small, lightweight camera; <u>no camera phones</u>	1	NOT available from WCC
Prescription sunglasses	For those with a prescription. Good backup for contacts.	1	NOT available from WCC
Ditty bag for toiletries 	Lightweight mesh bag for toiletries, hand salve, contact solution, etc.	1	NOT available from WCC
Vitamins	Some like to have a multivitamin for each day of the course	21	NOT available from WCC
Binoculars	Small, travel-size binoculars	1	NOT available from WCC
Playing cards	Deck of regular playing cards	1	NOT available from WCC
Paper/Pen/Postage	Students can send letters at each re-ration. Keep lightweight.		NOT available from WCC
Fishing Rod	Backpacker's pole; pole should break down into 3-5 pieces	1	Rent from WCC \$30
Fishing Tackle	Flies or spinners. No bait.		NOT available from WCC
Fishing License	<b>If you plan to fish, you must buy a Wyoming Fishing License.</b>	1	Contact Wyoming Game & Fish to purchase \$104.50 annual; \$14 per day
Coffee Crystals, lightweight packets, NO coffee grounds or filters that use grounds	<b>WCC does not provide coffee with our food!</b> We do provide hot cocoa and tea. If you want coffee you need the dissolving crystals that don't leave any coffee grounds behind. Bears can smell grounds from a mile away. If you need coffee, bring what you need for the trip.	1	NOT available from WCC