

## HIKING CLOTHING & EQUIPMENT LIST

We will be traveling in spectacular and rugged country where our lives will literally be dependent upon our gear. The key to staying comfortable while on a trip is layering. For maximum comfort and minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. **The weather is unpredictable and each person needs to be prepared for varying conditions.**

To keep costs down feel free to borrow as much as possible! Clothing and gear is pricey, so borrowing helps you obtain items that you'll only use at Beyond once. You can also rent gear or buy it used from a secondhand clothing or sporting goods store.

### REQUIRED FOR THE MOUNTAINS

*Please follow this checklist as closely as possible and try to bring only what is necessary!*

#### Upper Body Layers:

- 1 short-sleeved wool\* t-shirt
- 1 long-sleeved lightweight wool or polypropylene long underwear top
- 1 light wool sweater
- 1 heavy wool sweater
- For women: 1-2 moisture wicking sports bra
- Crucial:** Rain jacket (hooded, waterproof, lightweight, breathable – good materials are Gore-tex or coated nylon, **no** vinyl or plastic)
- Wool stocking hat (not acrylic)
- Baseball cap or sun visor
- 1 heavy pair wool gloves or mittens (or 2 light pairs)

#### Lower Body Layers:

- 3-4 pairs of underwear (running shorts are great)
- 1 pair lightweight shorts (nylon works well)
- 1 pair lightweight wool long underwear bottoms
- 1 pair wool or fleece pants
- Rain pants (Gore-tex or coated nylon)

#### Footwear:

- 3 pairs wool hiking socks
- 1-2 pairs sock liners (not cotton)
- 1 pair lightweight tennis shoes, Teva or Chaco sandals, or Crocs (to wear in evening after hiking)

#### **\*Note on Wool:**

In the mountains **wool** is our friend and **cotton** is not. Do not bring any cotton clothing for the mountains! Wool provides ventilation and insulates when wet (cotton or down do not).

#### **\*Good synthetic substitutions for wool:**

- **fleece** (other names are Polartec and Synchronilla)
- **polypropylene** (other names are Capilene and Polyester)

- Crucial:** 1 pair backpacking or mountaineering boots (tough, supportive, and durable)
  - High cut above ankle for excellent support with stiffer midsoles for heavier loads
  - **Take the time to make sure your boots fit well.** Put them on with a pair of wool socks and sock liners, lace them up snugly, and walk uphill and downhill. Your foot should not be cramped or sliding much. Boots should be **broken-in** and **waterproofed** before coming to Beyond!
  - Renting boots is much more affordable than buying an expensive pair- plus rentals are usually already broken in!

**Additional Items:**

- 1-3 bandanas (cotton is okay for bandanas)
- Sunglasses (100% UV protection, side-shields)
- Headlamp and fresh batteries (or small flashlight)
- Bible (pocket-size with Old Testament and Psalms)
- Personal toiletry kit: small bottle hand sanitizer, travel size toothbrush and toothpaste, contact lens supplies. For women: feminine products, liners, and wet-wipes.
- Sun block and lip balm (small, SPF 25+ or more)
- 2 water bottles (1-liter size)
- Insect repellent (small bottle)

**Optional Items:**

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> Backpacking pack (80L or 5200ci)</li> <li><input type="checkbox"/> Sleeping bag and stuff sack (0-24 degree F rating, synthetic fill, no down)</li> <li><input type="checkbox"/> Therm-a-rest pad (or other lightweight sleeping foam pad)</li> <li><input type="checkbox"/> Crazy Creek chair or Therm-a-rest chair</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Over mitts or ski gloves</li> <li><input type="checkbox"/> Down booties or fleece socks</li> <li><input type="checkbox"/> Personal blister protection: moleskin, mole foam, athletic tape</li> <li><input type="checkbox"/> Trekking poles</li> <li><input type="checkbox"/> Camera and film (in waterproof bag)</li> <li><input type="checkbox"/> Gaiters</li> </ul> |
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**Provided from Beyond:**

- ✓ Tents
- ✓ All cooking gear, stoves and fuel
- ✓ Water purification
- ✓ Group First Aid Kit + Foot Tape
- ✓ Climbing Equipment
- ✓ Bug nets

**Available to borrow from Beyond:**

- ✓ Backpacks
- ✓ Sleeping bags and liners
- ✓ Foam sleeping pads
- ✓ Gaiters
- ✓ Small NT bibles
- ✓ Water bottles

## BRING FOR BASE CAMP

These items are for use while you're at Base Camp, not to be brought into the mountains.

- 2 sets of clean clothing: one to change into after you return from the mountains, and one to wear home
- Bathing suit and towel
- Tennis shoes or water sandals
- Biodegradable* soap and shampoo
- Pillow and sleeping bag (can borrow bag from Beyond)
- Personal toiletries
- Money for Beyond Store