



## Grade 10: Sheep Creek Equipment List

### Clothing

- wicking base layers** (*synthetic or wool*)
  - upper-body base layers** (1-2)
  - lower-body base layer**
- insulating layers** (*down, fleece or wool*)
  - upper-body insulating layers** (2)
- outer layers**
  - waterproof rain jacket** (*with hood*)
  - quick drying long pants**
- t-shirts** (2-3, *synthetic or wool*)
- shorts** (1-2 *prs*)
- underwear**
- wool or synthetic socks** (4-5 *pairs*)
- hiking boots**
- sandals** (*No flip-flops. Must secure around the ankle for stream crossings and swimming*)
- gloves or mittens**
- wool or fleece hat**
- brimmed hat**
- swim suit**

**\* Avoid cotton fabrics.** When it gets wet, cotton is a very poor insulator and can significantly accelerate the onset of hypothermia. Additionally, wicking base layers, which transport moisture away from the body, can help the body stay cool in hot weather.

### Equipment

- backpacking pack** (*at least 65 liter capacity*)
- sleeping bag** (*"Mummy style" sleeping bags work best and should be rated to 30 degrees Fahrenheit. Down bags are light weight and compress well, but must be kept dry. Synthetic bags stay warmer if they get wet but can be heavier and take up more space in a backpack. Both down and synthetic sleeping bags are acceptable.*)
- sleeping pad** (*Closed-cell foam "Ridgerest" styles, or inflatable "Thermarest" styles work best*)
- 1-liter water bottles** (2)
- sunglasses**
- headlamp** (*Check the batteries and bring extras.*)
- personal toiletries** (*toothbrush/paste, sunscreen, chapstick, lotion, personal medications...*)
- cup**
- bowl**
- fork and spoon**
- \$10** (*for lunch in Mtn Home on Friday*)

### Recommended / Optional

- hiking poles** (*Hiking poles help with balance and reduce impact on ankles, knees, and back*)
- sun shirt** (*long-sleeved, light-colored, button-up sun protection*)