

## WINTER GEAR LIST

This list is based on the safety and comfort requirements for students for three weeks in the winter in the desert Southwest. Before heading into the field, your Orientation instructors will make a detailed check of all your gear to ensure your success on course. *If a required item is missing or is not suitable, you will be asked to obtain or replace the item before going into the field; please bring money for this purpose.*

**Please bring ALL YOUR GEAR (everything that is on this list) when we meet for the first day of Wilderness Orientation.**

- **Expense:** Gear buying can be costly. You can try to find great gear at thrift stores or second-hand gear stores. Web Resources: [www.sierratradingpost.com](http://www.sierratradingpost.com); [www.campmor.com](http://www.campmor.com); [www.patagonia.com](http://www.patagonia.com); [www.backcountry.com](http://www.backcountry.com); [www.rei.com](http://www.rei.com). Local gear stores in Prescott are Granite Mountain Outfitters and Manzanita Outdoors. There are REI's in Phoenix and Flagstaff.
- **Rentals:** Sleeping bags and sleeping pads are available for rent from the Prescott College Warehouse. Please email [fieldoperations@prescott.edu](mailto:fieldoperations@prescott.edu) if you are interested. You can also contact the local outfitter and guide service [Rubicon Outdoors](#) for rental backpacks, sleeping bags, and sleeping pads.
- **Weather:** Desert temperatures can range from hot, sunny days (90 degrees) to heavy, chilling Monsoon rains (30 degrees). Conditions require participants to be prepared with proper clothing that will keep them warm and safe, even in wet weather.
- **Fabric:** Cotton has no warmth-retaining qualities when wet, and will draw warmth from your body. Most clothing should be poly, nylon, or wool. Synthetic materials retain smells; look for non-stinky anti-microbial fabric. Newer wool products don't itch and don't stink after extended wear.
- **Sleeping:** All Wilderness Orientation students will sleep outdoors with a sleeping bag and sleeping pad. Group tarps will be provided.

Checked by Instructor	Item	Description
	Hiking Boots	Boots should be broken in for at least 2 months prior to heavy use. They should be medium-duty suitable for rugged terrain and should cover the ankle. Find a brand that fits YOU well. You'll spend \$100-\$225.
	Backpack	Internal frame with 65 - 75 Liters. Have the pack fitted to you in the store and try it out with 40-60 pounds. Personal gear should fill your pack half-way (food and communal gear will be divided among your group). Bells and whistles on packs tend to fail – simplicity goes a long way. Ultra-light backpacks do not hold up well in this environment.
	Sleeping Bag and Compression Sack	You are looking for a mummy-style sleeping bag for backpacking. Bag should be rated to 0 degrees Fahrenheit. Down bags are compact but do not provide warmth when wet, so you must be very responsible if you choose to bring a down bag. Polarguard or synthetic bags

		are warm when wet, but are heavier and bulkier. Old bags do not perform at their original ratings.  You will also need a compression stuff sack that fits your sleeping bag.
	Stuff Sacks	Three 15-20 liter stuff sacks for food and gear organization.
	Ground Pad	Either insulite or inflatable sleeping pad.
	Ground Sheet	A 5x7' thick plastic or nylon (2mil) sheet for use at night. Painter's tarp or tyvex is great.
	Personal Tarp & Cord	A 6'x8' tarp for use on Solo plus 100' of nylon parachute cord to rig the tarp.  <u>Solo:</u> All Orientation students are encouraged to participate in Solo. This is a 3-day 2-night period spent apart from other group members. Students will need to have their own solo tarp and follow program-wide safety protocols.
	Shoes	(A 2 <sup>nd</sup> pair) for use in camp, swimming, and day hikes. Old tennies or light trail runners serve as a good back-up shoe if boots fail.
	Socks	6 mid-weight, high-quality pairs. No cotton.
	Long Underwear	1 set: top and bottom is required. They should be synthetic or wool. You can bring an optional second pair if you get cold easily.
	Warm Layer	A medium-weight fleece or wool sweater. Hoods are great.
	Warmest! Layer	Synthetic or down puffy jacket - hoods are amazing.
	Rain Layers	Pants and hooded jacket, single or double layer Gore-Tex (not a rain slicker and not a ski jacket). Should be big enough to accommodate all your warm layers. The ability to pull pants on over your boots is a plus.
	T-shirts	1 - synthetic or wool and 1- cotton.
	Shorts	Synthetic quick-dry style. Zip-off legs are great. Men – buy shorts with liners to prevent chaffing.
	Pants	Nylon hiking pants or lightweight softshells.
	Warm Pants	Fleece or synthetic puffy pants.
	Warm Hat	Fleece or wool.

	Sun Hat	Brim to keep the Arizona sun off your face.
	Gloves	Fleece or wool.
	Sun Protection	A high SPF sunscreen with uva-uvb protection or helioplex. Have UV protective sunglasses. A small tube of aloe vera is good for soothing sunburn.
	Headlamp	Imperative when you need to be hands-free. Bring at least 1 set of extra batteries.
	Water Bottles	4L carrying capacity. You can combine a camel-back/MSR dromedary type water bag with nalgene-type water bottles if you'd like. You can also use gatorade bottles to save money.
	Bowl/Spoon/ Insulated Mug	For eating, hot drinks, and short-term food storage. It's nice to have a lid.
	5x7" 3-ring binder	With paper, dividers, pens & pencils. These are hard to find, but are carried by the Prescott College Bookstore, which is open during Orientation.
	Blister Protection	Mole skin or other first-aid type skincare product.
	Toiletries	Toothbrush & toothpaste. No makeup, hair products, etc. Women: bring enough tampons or pads for two cycles – it is normal to have an abnormally timed menstruation cycle in a new environment and with increased physical activity. Baby wipes are helpful!
	Lighter	A simple lighter is fine.
	Bandana	Bring a couple for multi-use as sun protection, table cloth, pee rag (we'll explain), hanky.
	Underwear	Women: Bring at 4 pairs of synthetic underwear and 2 pairs of cotton. If you are prone to yeast infections, bring Diflucan (prescription) or cranberry concentrate pills for UTI's. Men: Bring at least 2 pairs of synthetic or wool underwear.
	Identification	Students must carry a copy of their picture ID as well as their insurance information. \$15.00 of cash is useful during transportation to and from trailheads or in case of evacuation.
	Waterproofing	Please bring 2 <b>COMPACTOR</b> and 2 <b>CONTRACTOR</b> trash bags. They have to be heavy duty to keep all your stuff dry. Ziploc bags are also helpful.
	Watch	Simple water resistant watch with alarm is suggested.
	Optional Items	<ul style="list-style-type: none"> <li>■ <b>TREKKING POLES! Recommended for hiking down the icy Canyon.</b></li> <li>■ Down Booties or Wool Slippers!</li> </ul>

		<ul style="list-style-type: none"> <li>■ Yak Trax</li> <li>■ Fleece or wool neck gaiter, balaclava, or Buff</li> <li>■ Camera &amp; protective case</li> <li>■ Binoculars</li> <li>■ Pocket Knife</li> <li>■ Colored pencils / water color paints</li> <li>■ Book</li> <li>■ Baby wipes</li> <li>■ Gaiters: keep rocks, sand, and prickles out of your boots. Good for travel through thorny bush.</li> <li>■ Chair: Crazy Creek or Thermarest chair converter.</li> <li>■ Musical Instruments: a flute or backpacking guitar is great in the field for backpackers.</li> </ul>
	Food Money	<p>Your prepaid Orientation Course Fee covers the majority of the food costs for the program. You will be planning and purchasing food as a group. However, please bring an additional \$50 cash for extra group and personal food costs..</p>