

This is the list to use for **Rock & Alpine Climbing Camps**.

BACKCOUNTRY EQUIPMENT LIST

Folks are always concerned about what they need to bring for a backcountry excursion. We make every effort to help you minimize the volume of gear needed, since we all know quality gear does not come cheap. OWA generally supplies all group gear which includes cooking gear, food, tents, and technical equipment for climbing. Below is the equipment list that we use for our regular OWA CAMPS and EXPEDITIONS. The same list will hold true for all summer backcountry trips in the mountains, whether they're for overnight or 3 weeks. Some of the items are optional and will be listed as such.

1. SLEEPING BAG- suitable for carrying on a backpack and for temperatures down to +20 degrees, OWA can provide.

2. SLEEPING PAD- full length ensolite pad or lightweight air mattress; pads are more practical, OWA can provide

3. HYDRATION PACK OR WATER BOTTLE- 1 liter or quart plastic wide mouth bottles if bringing just a bottle

4. PLASTIC BOWL, CUP AND SPOON-

5. 1 BOTTLE POTABLE AQUA OR FILTER- water purification tablets are simplest, OWA can provide

6. SMALL MULTI-TOOL- no large knives, optional

7. CAMERA AND FILM- 400 ASA is best for general outdoor shooting

8. SMALL NOTEBOOK AND PENCIL

9. TOILET ARTICLES- small sizes and no cans

10. INSECT REPELLANT- squeeze bottle lotions are best; use anything with DEET at your own risk!

11. SUN CAP- something with a brim to protect against the sun

12. WARM CAP- preferably wool or fleece with ear protection for those mountain cold spells

13. FOOTWEAR- can be your single most important piece of gear

A. TRAIL BOOTS- we highly recommend lightweight boots for most trips; they should be comfortable and fit with heavy socks; some good brands are Hi-Tech, Vasque, Nike, Sportiva, REI, Asolo, Montrail and Salomon

B. TENNIS SHOES- these are used both for rock climbing and wading streams—they will be abused!

C. CAMP SHOES- Trail sandals or synthetic booties are best; something dry and comfortable to put on in camp when everything else is cold and wet

D. ROCK SHOES/MOUNTAINEERING BOOTS- Optional (OWA will supply if you don't have your own)

14. CLOTHING-

A. 2 pr. jeans or other pants for road travel

B. 2 pr. synthetic sweat pants (pile, fleece, polypro, etc.) for the trail

C. 4 pr. shorts

D. 5 t-shirts

E. 7 pr. underwear

F. 1 set long underwear- choose from synthetics like polypro, Thermax, Lycra, Capilene, etc.—NO COTTON

G. 2 pr. light synthetic sock liners

H. 2 pr. heavy wool or pile socks

I. 2 pr. cotton athletic socks

J. 2 long sleeve shirt- wool or synthetic is best; cotton is useless when wet

K. 1 heavy wool sweater or synthetic jacket (fleece, pile, etc)

L. 1 lightweight cheapy poncho

M. 2 bandanas

N. RAININGEAR- this is important; should be a hooded jacket and should include pants; coated nylon is fine, but a bit hot sometimes; Gore-tex and other breathable fabrics are state of the art, but more expensive; plastic, PVC, and rubber are **not** practical and will self destruct; these should not be insulated (very lightly insulated will work ok)

O. 1 pr. wool or pile gloves or mitts or ski gloves

P. 1 pr. waterproof mitten shells or ski gloves (not required)

Q. 1 pr. tall gaiters (not required)

R. 1 or 2 pr padded bike shorts if planning to ride mt bikes

15. SUNGLASSES

16. HEADLAMP OR FLASHLIGHT- small with extra batteries

17. LIP BALM AND SUNSCREEN

18. GOOD READING MATERIAL

19. MATCHES OR DISPOSABLE LIGHTER

20. PERSONAL MEDICATION

21. EXTRA EYEGLASSES OR CONTACTS

22.1 BATH TOWEL

23. SMALL DAYPACK OR FANNY PACK

24. TRAIL SNACKS- bring plenty of good snacks for each day that won't spoil, are nutritious & that you like

25. SMALL TRAVEL BAG OR DUFFEL- for use on the road

26. BACKPACK- 3500+ Cubic inches or larger for Alpine trips 2500 Cubic inches for climbing trips or similar.

27. BIKE/CLIMBING GEAR- Team members may bring any pertinent biking or climbing gear

NOTES:

OWA will supply backpacks, tents, cooking gear, climbing gear and fly fishing equipment although team members may bring their own.

Sleeping bags and pads are available for rental for. They must be reserved in advance.

