



MOUNTAIN GATEWAY TRAINING

Wilderness Intensive Equipment List

Check		Item	Description	Amazon Links
Upper Body Clothing				
	Required	1 Base Layer (long underwear)	Mid-weight long underwear top, wool or synthetic. (Smart wool)	Men Women
	Required	1 Middle Layer (fleece jacket)	Fleece jacket or pullover (e.g. Patagonia, Regulator series)	Probably already have something that will work.
FOR RENT: \$20	Required	1 Top Layer (synthetic or down jacket)	Warm, synthetic or down fill "puffy" jacket that fits over your base layers (e.g. Mountain Hardware Compressor, Montbell Thermawrap, Patagonia Nano Puff)	Men Women
FOR RENT: \$10	Required	1 Rain jacket	Sturdy waterproof jacket with hood. Both coated nylon and breathable fabrics are acceptable (e.g. Gore-Tex, Marmot Precip, Mountain Hardware Dry. Q, Patagonia H2No)	Men Women
	Required	1 Long Sleeve Sun Shirt	Lightweight synthetic or wool. Long sleeved with hood; (Khul, Under Armor, Icebreaker, Freefly)	Men Women
Lower Body Clothing				
	Required	1 Base layer (long underwear)	Mid-weight synthetic or wool bottoms (e.g. Patagonia Capilene series). Cotton/cotton blends are not acceptable.	Men Women

	Required	1 pair - Hiking pants	Nylon or synthetic. Soft-shell fabrics are acceptable, but lightweight "running pants" are not durable enough. (Khul, Patagonia, Prana, Eddie Bauer Guide Pro, or similar recommended)	Men Women
	Required	1 Nylon shorts	Loose-fitting nylon athletic, river shorts, or running shorts	You probably already have something that will work.
	Required	2-3 Underwear	Briefs or boxers for men. Cotton briefs are acceptable for women, though synthetic is recommended.	You probably already have something that will work.
	Required	1-2 Sports bras (women)	Must be synthetic.	You probably already have something that will work.
FOR RENT: \$20	Required	Rain Pants/Rain Kilt	e.g. Marmot Precip	Men Women Unisex Kilt
Head, Neck and Hand Layers				
FOR SALE	Required	1 Baseball cap	To protect ears and face from sun	You probably already have something that will work.
FOR SALE	Required	1 Wool or fleece warm hat	Thick enough to keep your head and ears warm on chilly nights	You probably already have something that will work.
FOR SALE	Required	1 Mosquito headnet	A light nylon headnet	Unisex
FOR SALE	Required	1 Glove Liners	Lightweight gloves. Fleece or synthetic or wool.	You probably already have something that will work.
OPTIONAL Items: Please talk with an MG Advisor				
	If sensitive to sun	1 Sun gloves		Unisex

	If sensitive to cold	1 Middle bottom layer (fleece or puffy pants or warm skirt)	Heavier-weight bottoms that fit comfortably over the base-layer bottoms.	Unisex Women
FOR RENT: \$10		1 Rain Mitts	Light weight. (Z packs or Enlightened Equipment)	

Packs and Bags

FOR RENT: \$50	Required	1 Backpack	This pack should be a large volume, expedition model. <u>(75 liter minimum.)</u>	Osprey Deuter Hyperlight Mountain gear
	Required	Stuff sacks (2-3)	Can use ziplocs. Small. Nylon or mesh sacks for organizing items in your pack like toiletries and bible and journal. 2-5 liters	Probably have a fine option at home

Sleeping Gear

FOR RENT: \$50	Required	1 Sleeping Bag	Synthetic or down fill bags (e.g. Quallofil, Hollofil, Polarguard, Big Agnes, etc.) perform well in the variety of situations we encounter. Must have a temp rating of 0°F to 15°F. 4 pounds or less.	We do have sleeping bags you can rent.
FOR RENT: \$5	Required	1 Compression sack	Used to compress your sleeping bag.	If you rent a sleeping bag the compression sack is provided.
FOR RENT: \$30	Required	1 Sleeping pad	Foam pads should be a minimum of ¾" thick. Inflatable pads are nice to have but are more fragile, a patch kit is required to accompany all inflatable pads.	Unisex Unisex Unisex
FOR SALE	Required	1 Sleep Socks	One pair of wool socks that stays with your sleeping stuff and are only used to sleep in.	Men Women

Optional Items

	Optional	T-shirt	Cotton is Ok, used for sleeping only	
Footwear				
	Required	1 Boots	Sturdy, expedition backpacking boots with good ankle support. Be sure to wear them a lot to “break them in” to your foot.	*Footwear guide below
FOR SALE	Required	Wool socks (2 pair)	Midweight wool.	Men Women
	Required	Gaiters	Tall, just below knee, durable, non-zippered, velcro fastened. (“OR” brand “Crocodiles” recommended)	Unisex Unisex
	Required	Camp shoe	Closed toe, comfortable, lightweight.	*Footwear guide below You probably already have something at home that will work. Old light tennis shoes!
Optional Items				
	Optional	Liner socks (1 pair)	To use in combination with your wool socks	Unisex
Miscellaneous Items				
FOR SALE	Required	1 Bowl	Plastic, with screw-on lid. 16oz. Old tupperware work great.	Collapsible silicone bowls are not recommended
FOR SALE	Required	1 Spoon	Lexan or similar	Spoon
FOR SALE	Required	1 Water bottle	1 liter (Nalgene, smartwater, Gatorade)	You probably already have something you can use. Any light plastic bottle that holds a liter of water.

FOR SALE	Required	1 Water Bladder or hydration bladder with a drinking hose	2 liter min. (Platypus, MSR, Camelback)	Bladder Hose
FOR SALE	Required	1 Water treatment	Aquamira chlorine dioxide drops	Drops
FOR SALE	Required	1 Roll of athletic tape	(Or called climbing tape)	Tape
	Required	1-2 Bandana		Bandana
FOR SALE	Required	1 Headlamp	Durable, lightweight, waterproof, uses common batteries, 180 lumens minimum. ("Black Diamond" or "Petzl" brand)	Headlamp
FOR SALE	Required	1 Spare headlamp batteries	Same number needed as the headlamp.	
	Required	1 Watch	Non-smart watch - needs alarm function, waterproof	
	Required	2 Pens or pencils	Used to take notes	
	Required	1 Bible	Compact, lightweight	
FOR SALE	Required	1 Survival Blanket	"SOL" Emergency Blanket, orange on one side and silver on the other	Blanket
Optional Items				
	Optional	1 Sunglasses	Good quality with 100% UV protection, lenses should be dark. If you wear prescription lenses, bring prescription sunglasses.	
Toiletries				
FOR SALE	Required	1 Hand Sanitizer	Trial size (3-4 oz bottles)	
FOR SALE	Required	1 Wet wipes	2-3 wipes/day in resealable ziplock	
FOR SALE	Required	1 Biodegradable soap	Trial size (Dr. Bronner's liquid)	

FOR SALE	Required	1 Toothbrush	Travel size; ideally with a bristle cover	
FOR SALE	Required	1 Toothpaste	Travel size- 1 oz. tube	
FOR SALE	Required	1 Lip balm	SPF 15 or greater	
FOR SALE	Required	1 Sunscreen	Stick, 3-6 oz tube, SPF 30 or higher	
	Required	Feminine hygiene products	Diva cup and/or Tampons & Pads; enough for 1 cycle.	
		Prescription glasses or contacts	Have a spare.	
		Required medication		
Other Items				
	Optional	Umbrella	Small, lightweight. (Six Moon Designs)	Umbrella
FOR RENT	Required	Trekking poles	Sturdy, telescoping poles for easy packing.	Poles
FOR RENT	Required	Camp chair	Crazy Creek Hex 2.0 or foam pad, Less than 2 pounds	Chair
	Required	Bars	Please bring 1 bar per day of your choice.	
	Optional	Drink Mix	Gatorade mix, Liquid IV, other If you want something to drink throughout the day besides water, please bring your own mix.	
	Optional	Coffee	If you want coffee in the morning, we recommend bringing instant stick packs. 1 per day.	
	Required	Hot Chocolate/Tea	Hot drink option for evenings after dinner to help keep you warm at night. Hot Chocolate is great, because the calories help you sleep warmer. 1 per day.	

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Shared or group gear supplied by MG

- Tents and shelters
- Plastic trash bag
- Trowel
- Stoves, Fuel bottles, and fuel
- Pots and pans
- Dromedary water bag
- Maps and compasses
- Bear-resistant food storage or containers
- Equipment repair kits
- First aid kits
- Foot kit - moleskin, blister pads, KT tape
- Cutting board
- Spatula
- Paring knife
- Bear spray

Front-Country Clothes

You should have front-country clothes available for before and after your course. We recommend a small duffle-type bag with several days worth of clothes, a towel, and toiletries.

Footwear Guide

Boot Recommendations

Your boots are the most important piece of equipment that you will buy. Footcare cannot be taken lightly in the backcountry; protecting your feet is vital to safety and success.

We want you to have boots that provide adequate protection for your feet, are durable enough to withstand extended wear, and provide reasonable comfort. Many boots on the market do not meet these criteria, and a boot that is good for weekend hiking may not be a good boot for your extended backpacking wilderness semester.

Medium-weight, off-trail backpacking or light-weight mountaineering boots work best. They provide good support for off-trail hiking with heavy packs, and usually require less break-in time than heavy-weight mountaineering boots.

Here are some features to look for:

- Constructed from full-grain one-piece leather upper or a combination of nylon, Gore-tex, and leather.
- A sole that provides good traction, like Vibram or other lugged sole
- ½ to ¾ shank or full poly mid-sole stiffener within the sole to provide foot support and protection.
- Ankle support. Trail running shoes and below the ankle hiking boots are not acceptable.
- Comfortable fit with your preferred hiking socks. Boots that are too small commonly cause blisters.

The following list of acceptable boots is not exhaustive and is to be used for suggestions only. It is fine to substitute a similar boot for one of these listed here:

Brand	Model
Asolo	Power Matic Series; TPS Series; Power Light Series; Matrix Series; Energy Series; Fission GV; Fugitive GTX
Garmont	Dakota; Synchro Plus; Cypress; FC Eco 4.0
La Sportiva	Thunder II; Cascade; Omega GTX; Trango TRK GTX
Lowa	Tahoe; Tibet; Banff; Pingora; Khumbu II GTX; Catalan GTX; Renegade
Montrail	Feather Peak
Oboz	Wind River
Scarpa	Mustang; Barun; Nepal Pro; SL M3; Escape; Terra GTX; Kailash GTX
Vasque	St. Elias; Wasatch; Bitterroot; Summit; Sundowner; Clarion; Breeze; Taku

Note that boot manufacturers often re-name their product lines. Visit the manufacturer's website or contact us if you have questions.

Camp Shoes

Lightweight, fast-drying, closed-toe, shoes for use around camp. **Absolutely no Chaco sandals, flip flops, FiveFingers, Crocs, etc.** Old lightweight running shoes with good traction are ideal. The main point of a camp shoe is to provide relief for your feet as well as a backup option if your boot breaks. You will spend a fair amount of time in your camp shoe.

MG Equipment Policy

MG equipment selection and the outfitting of each participant are critical to the success of each semester. Proper equipment drastically affects the outcome in terms of both safety and comfort. At the beginning of each semester, participants check-out group gear. During this gear check-

out time, participants have the opportunity to inspect and comment on the condition of the gear and note any pre-existing wear or damage. When participants return gear, MG staff inspects it as it is checked in. **Any gear damage observed at check-in that was not previously noted at the time of check-out becomes the financial responsibility of the participants. Lost or damaged group gear will be charged on a pro rata basis to all members of the group who used the gear.**