

# Outdoor Action OA 30<sup>th</sup> Anniversary Equipment List

When planning the equipment for your trip, you need to think about the different activities that you will be participating in (hiking, mountain biking, rock climbing, kayaking, etc.) This list should provide you with all the information you need. If you have questions, please feel free to the Outdoor Action Office at (609) 258-6230.

Any time you head into the mountains at higher elevations, you need to be prepared for almost anything weatherwise. “Typical” temperatures for the Buena Vista, Colorado area during mid-July are 74 degrees for the high and 53 for the low. However, the White Mountains are known for their rapid weather changes and it can snow on Mt. Washington in July. We also need to be prepared for the possibility of afternoon thunderstorms. Since you can never be sure what the weather will be like, you need to bring a range of clothing for various conditions.

The clothing layers should consist of several different types of fabrics. Cotton is comfortable and breathable, but it absorbs and retains water, and therefore it will **not** keep you warm if it gets wet. Also it can be difficult to dry. For this reason you should not bring heavy cotton clothes such as sweatshirts, sweatpants or blue jeans for the climb (these will be fine for some other activities like relaxing at the Ponderosa Lodge). Cotton T-shirts and underwear are fine as are lightweight cotton shirts and pants. **Wool or synthetic fleece** fabrics (such as Polartec 100 or Polartec 200) don’t absorb water so they keep you warm even if they get wet. Fleece also dries very quickly. A wool sweater or fleece jacket provides warmth on a chilly evening.

Combinations of these types of fabrics create a layering system. The **inner layer** keeps the skin dry and comfortable. Lightweight polypropylene or other synthetic underwear provides good ventilation for the skin to keep dry and cool and during the day. The **middle layer** provides some insulation and protection from the elements. Long-sleeve shirts and long pants preferably of wool or fleece make up this layer. The **outer layer** provides insulation and is usually a wool sweater or fleece jacket. The **shell layer** protects you from wind and rain. A nylon windshell is essential once you get up on the ridge. A waterproof rain jacket is also essential in case of bad weather. Coated nylon is lightweight and works well. Waterproof-breathable fabrics like Gore-Tex are also an option and provide both a wind-proof and waterproof garment but are expensive. The **head layer** is handled by a wide-brimmed hat for sun and rain protection. The **feet layer** is actually two layers. You should wear a lightweight synthetic liner sock against your foot, which helps pass moisture away from your foot. On top of this you wear a wool/nylon blend hiking sock. People wonder why you should wear a wool sock with summer heat. Since wool doesn’t absorb water it passes the moisture from your foot outwards, keeping your foot dryer. If your feet stay damp, they get wrinkled and are more prone to blisters. Having two sock layers means that your socks will slide against each other so that the friction from your boots is between the sock layers rather than against your skin (friction against the skin leads to blisters). You will also need a pair of sturdy hiking boots that extend above the ankle to provide support on the trail.

**Please check off each item as you assemble your equipment to make sure that you have everything.**

## Feet:

- \_\_\_\_\_ **1 pair of lightweight hiking boots:** Boots should extend above the ankle and be leather/fabric or all leather with lug soles for traction. It is best if the boots can be waterproof, either by treating the leather with a waterproofing compound before the trip or if the boots have a Gore-Tex liner. Boots should fit comfortably with two pairs of socks, a light liner sock and a heavy wool sock. ***Above all, make sure that your boots are well broken in before you arrive. Otherwise your feet will pay the price. We cannot emphasize this enough. Non-broken-in boots invariably cause blisters.***
- \_\_\_\_\_ **1 pair of running shoes, sneakers, or sandals:** For around the lodge and/or water activities.

\_\_\_\_\_ **2-3 pairs of light synthetic/polypropylene liner socks:** Wearing liner socks underneath wool socks helps to prevent chafing since the friction is between the two pairs of socks, not between the boots and your feet.

\_\_\_\_\_ **2-3 pairs of medium weight wool hiking socks:** Wool keeps your feet warm even when wet and gives good cushioning. The higher the wool content of the socks the better (we recommend 85% wool, 15% nylon).

### **Lower Body:**

\_\_\_\_\_ Underwear as needed.

\_\_\_\_\_ 1 lightweight polypropylene or synthetic long underwear bottoms

\_\_\_\_\_ 1 pair long pants, loose fitting, lightweight wool, synthetic, or fleece

\_\_\_\_\_ 1-2 pairs of loose fitting shorts

\_\_\_\_\_ 1 bathing suit

\_\_\_\_\_ 1 pair rain pants or chaps (coated nylon) (Optional, but useful)

### **Upper Body:**

\_\_\_\_\_ T-shirts

\_\_\_\_\_ 1 lightweight polypropylene or synthetic long underwear top

\_\_\_\_\_ 1 long sleeve shirt

\_\_\_\_\_ 1 fleece vest (optional)

\_\_\_\_\_ 1 heavy wool sweater, or synthetic fleece jacket

\_\_\_\_\_ 1 wind shell - nylon: (if the shell is Gore-tex or another waterproof/breathable fabric, it can also serve as your rain jacket - it must fit comfortably over your other insulating layers)

\_\_\_\_\_ 1 rain jacket or poncho: Coated nylon is recommended. Try to avoid the rubberized canvas jackets if you can. They are heavy and usually result in your getting hot and sweaty. (if the shell is Gore-tex or another waterproof/breathable fabric, it can also serve as your wind jacket - it must fit comfortably over your other insulating layers)

### **Head:**

\_\_\_\_\_ 1 brimmed cap: For sun and rain protection. The sun is especially strong at high altitudes.

\_\_\_\_\_ 1 wool or synthetic hat: For warmth

### **Miscellaneous:**

\_\_\_\_\_ 2 1-qt. water bottles or canteens

\_\_\_\_\_ 1 daypack to carry your gear. This should be large enough to carry water, food, and several layers of clothing.

\_\_\_\_\_ 2 bandanas: multipurpose

\_\_\_\_\_ Sunscreen (at least 15 SPF)

\_\_\_\_\_ 1 sunglasses or clip-ons

\_\_\_\_\_ Glasses or contact lenses and spares, glassguard

\_\_\_\_\_ Any medications you will need to take during the trip

\_\_\_\_\_ 1 small notebook and pencil (Optional)

\_\_\_\_\_ 1 camera and film (Optional)

### **Other Activities**

#### **Mountain Biking:**

\_\_\_\_\_ Biking shorts

\_\_\_\_\_ Biking Helmet (if you prefer to use your own)

#### **Rock Climbing:**

\_\_\_\_\_ Loose fitting clothing

\_\_\_\_\_ Hiking boots

**Canoeing/Kayaking:**

- \_\_\_\_\_ Bathing suit
- \_\_\_\_\_ Life jackets provided by outfitter

**OA Memorabilia:**

- \_\_\_\_\_ OA photos, slides, journals
- \_\_\_\_\_ OA T-shirts
- \_\_\_\_\_ Stories