PERSONAL GEAR CHECKLIST

These items are to be obtained and packed by each participant. All clothing material should be wool or synthetic, **no cotton**. You will be expected to have these items ready for a gear check prior to participating in the trip. Please see the shopping guide for additional information about gear you may need to purchase.

UPPER BODY

☐ Synthetic t-shirt
☐ Base layer – long sleeve thermal shirt
☐ Midweight layer – long sleeve wool/fleece
☐ Warm layer – puffy jacket
☐ Waterproof rain shell
☐ **WOMEN**: Sports bra ×2

HANDS

☐ Light pair of gloves

HEAD

☐ Sun hat – ball cap, visor, bucket hat, etc.
☐ Warm hat – wool/fleece beanie
☐ Pair of sunglasses
☐ Bandanas ×2

LOWER BODY

☐ Hiking pants
☐ Hiking shorts or convertible hiking pants
☐ Underwear ×3-4
☐ Base layer – leggings or long underwear
☐ Fleece pants

FEET

☐ Pair of wool or synthetic blend socks ×3-4
☐ Hiking boots – ankle support expected (see shopping guide)
☐ Pair of closed toe camp shoes – old tennis shoes, Keens, or **Crocs**

CAMPING GEAR

☐ Small daypack (see shopping guide)
☐ 1L Nalgene water bottle ×2
☐ Watch – cheap and durable
☐ Whistle

TOILETRIES *(mini size, essentials only)*

☐ Toothpaste
☐ Toothbrush
☐ Sunscreen
☐ Hand sanitizer
☐ Bug spray
☐ Lip balm w/ SPF
☐ Medications
☐ Glasses/contacts
☐ **WOMEN**: Feminine hygiene

OPTIONAL GEAR

☐ Small stuff sacks – for pack organization
☐ Chums or retainers – for glasses/sunglasses
☐ Short or tall gaiters
☐ Small, quick dry towel
☐ Trekking poles
☐ Small pocket knife
☐ Rain pants
☐ Camera
☐ Small blister treatment kit
☐ Face wipe or biodegradable soap
☐ Permethrin Spray – insect repelling pretreatment for gear

FISHING LICENSE

We hope to have some fishing gear available to be used during these trips. If you would like to fish during the trip, a Wyoming fishing license along with a Conservation Stamp are required. The Conservation Stamp costs $21.50. If you are under 18 at the time of the trip, you can purchase the non-resident youth license for $15.00. If you are going to be 18 or older at the time of the trip you will need to purchase a non-resident annual adult license, which costs $102.00. Licenses and Conservation Stamps are purchased online through the Wyoming Game & Fish Department. **Please do not purchase a fishing license before talking to Mr. Krueger.**

SHOPPING GUIDE

HIKING BOOTS

You need to have boots that provide adequate protection for your feet, are durable enough to withstand extended rugged wear, and provide reasonable comfort. Many boots available on the market do not meet these criteria, and a boot that is good for weekend day-hiking use may not be a good boot for this trip. Medium-weight, off-trail backpacking, or light mountaineering boots provide good support for off-trail hiking with heavy packs and usually require less break-in time than heavyweight mountaineering boots.

Things 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 rugged sole
- 1/2 to 3/4-length 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
- Comfortably 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 those listed here:

- Asolo: **TPS series**, Equalon, Shiraz, Fugitive, Stynger, Touchstone, Drifter, Finder, Valley
- Garmont: Dakota, Tower, Pordoi
- Lowa: Camino, Ranger, Trekker, Mauria, **Renegade**
- Oboz: Sawtooth, Bridger
- Scarpa: **Kailash Trek**
- Vasque: Clarion, Breeze (going out of business so maybe some clearance deals)



ASOLO TPS 520



SCARPA KAILASH



LOWA RENEGADE

Note that boot manufacturers often rename their product lines. Visit the manufacturer's website if you have questions concerning a specific boot.



DAYPACK

For the daypack, choose a small, compact backpack like the **4Monster Hiking Daypack (18-24L)** found on Amazon (pictured on left). It should stuff down to the size of a softball or smaller.

CLOTHING

Before you go and buy something new, it is worth looking online for used outdoor clothing. You can often find good deals on apps or websites like Poshmark, Geartrade, Mercari, or Facebook Marketplace for lightly used items, especially puffy jackets, rain shells, and midweight layers. You might also want to check with local outdoor stores to see if they offer used items.