

## MTS Eighth Grade Outdoor Education Clothing and Equipment List

- \_\_\_ **Backpack:** internal or external frame. Make sure it is large enough to carry your personal gear **AND** your share of food (in a bear can) and group gear.
- \_\_\_ **Day pack:** A detachable fanny pack from the backpack is fine. A small, lightweight day pack that can be rolled up and fit in the backpack is fine as well.
- \_\_\_ **Sleeping bag and stuff sack:** Down or synthetic fill, to keep you warm to 15/20 degrees. The warmer the better! Be sure it is stuffed in a stuff sack!
- \_\_\_ **Ground pad and ground cloth:** Lightweight; the most popular brand of ground pad is Thermarest.
- \_\_\_ **Lightweight, hightop hiking boots:** These are a must and should be broken in prior to the trip.
- \_\_\_ **"Teva type" sandals or tennis shoes:** No slip on/flip flop sandals, please.
- \_\_\_ **Socks:** 3 pairs of liners and 3 pairs outer socks for the trail.
- \_\_\_ **Water bottles:** At least two unbreakable, large mouth, Nalgene-type, plastic, one liter size; test them to make sure they don't leak!
- \_\_\_ **Eating utensils:** Lightweight cup, bowl and spoon. Tupperware works well. Forks and knives are unnecessary; leave them home.
- \_\_\_ **Flashlight or headlamp:** small, lightweight. Extra batteries!
- \_\_\_ **Spare stuff sack:** For group gear; an empty pillowcase works well too.
- \_\_\_ **Plastic bags:** An assortment of plastic trash bags and zip-lock baggies to secure gear and keep things dry. Carry one in which your loaded pack will fit should it rain overnight. These always come in handy.
- \_\_\_ **Straps:** A couple of 24" – 36" webbed straps to secure gear to backpack.
- \_\_\_ **Toiletries:** Toothbrush, toothpaste, sunscreen, lip balm. Personal medical items such as moleskin, few Band-Aids, etc. **Please: no Costco-sized sunscreen tubes or toothpastes.** Think small! All personal toiletries and personal medical items must fit in one small zip-lock baggie.
- \_\_\_ **Small hand towel or washcloth:** Not both. A lightweight pack towel (REI) is preferable.
- \_\_\_ **Sunglasses:** UV protection is a must!
- \_\_\_ **Pants:** One pair long pants. No jeans! Heavyweight fleece pants are preferable.
- \_\_\_ **Hiking shorts:** 2 pairs. Easy-dry nylon shorts work best; avoid cotton or cut-offs.
- \_\_\_ **Shirts:** 2 tee shirts; one long sleeve top such as a lightweight fleece.
- \_\_\_ **Underwear:** To meet your needs for the week.
- \_\_\_ **Jacket:** Down is strongly recommended! Heavy fleece is OK; MTS fleece jackets are too light for an outermost jacket. Think warm and be ready for snow!
- \_\_\_ **Sweater:** Or other comparable top. Lightweight fleece (MTS fleece OK) or wool. Avoid cotton.
- \_\_\_ **Thermal underwear:** An absolute must! To sleep in at night and for cold mornings and evenings. Polypropylene is preferable; again, avoid cotton.
- \_\_\_ **Rain Gear:** Another must! One of your most critical pieces of clothing! Gore-Tex jacket and pants preferable. **Leave the snowboard clothing at home!** Must be packable.
- \_\_\_ **Lightweight gloves:** Fleece-style are fine; heavy ski gloves/mittens are impractical.

- \_\_\_ **Bandana:** this has 101 uses in the backcountry; carry at least one.
- \_\_\_ **Wool or fleece “watch cap” type hat.**
- \_\_\_ **Visor or other sun hat:** Very important!
- \_\_\_ **Journal and pen:** Bring at least two pens and pencils. No Sharpies, please! Put all in a large zip-lock baggie.
- \_\_\_ **Camera:** While optional, most kids bring them. Leave the family Nikon at home and bring a disposable camera from Long’s, REI, or some such store.
- \_\_\_ **Reading book:** A luxury and an option, but sure nice to have if you’re riding out a storm in a tent.

### **Please do not bring under any circumstances...**

Please ask before the trip about anything you are thinking about bringing but are not sure may be appropriate or allowable.

- **Knives of any sort. Do not bring any knives!**
- **Candy, gum, or food of any kind. Just the “brown bag “ lunch for the bus ride to Yosemite is allowed.**
- **Make up, jewelry, perfumes/colognes, deodorants. Please leave all “smelly stuff at home.**
- **Hairdryers, curling irons, etc.**
- **Hatchets**
- **Video games, CD players, cell phones, etc. Please leave all such items at home.**

### **Please remember to...**

- **Pack all clothing and equipment in your backpack and leave room for a bear can and your share of group gear.**
- **You can only have your detachable fanny pack or small, lightweight daypack with you when you board the bus. Your backpack will be stored in the cargo hold.**
- **Clearly label everything with first and last names! EVERYTHING!**
- **Prepare for a variety of temperatures and weather. Think warm and dry! Dress in layers!**