

# **E** XPLORATIONS SUMMER ADVENTURE & LEADERSHIP CLOTHING & EQUIPMENT LIST 2011

## **EXPEDITION GEAR**

Explorations will provide the necessary group gear for all participants. For the **SAFETY** and **COMFORT** of your son/daughter, it is extremely important this individual gear be sent or brought ***upon or before arrival***. Most items may be purchased from retail outdoor stores such as REI, EMS or Sierra Trading Post.

Explorations also offers the option of purchasing these items through our gear supply group and information for that service may be found on our website.

- 1 Expedition sleeping bag /20 degree rating
- 1 Compression stuff sack
- 1 Stuff sack – approx 12 x 24”
- 1 Internal frame backpack/5000 cu in
- 1 Full length sleeping pad
- 1 Mid-weight base layer long sleeve top
- 1 Mid-weight base layer bottom
- 1 Rain jacket with hood – good quality
- 1 Rain pants – good quality
- 1 Non-zip Hiking Pants
- 1 Fleece or wool jacket
- 1 pair Hiking Boots
- 5 pair mid-weight Wool Hiking Socks
- 1 pair Synthetic Sock Liners
- 1 Type III PFD/Life jacket: river raft/class III: head rest preferred
- 1 pair Hiking shorts
- 2 Non-cotton, synthetic short sleeve shirts
- 1 Fleece or wool hat
- 1 pair Water sandals
- 1 pair fleece or wool gloves
- 1 Mosquito face net

### **OPTIONAL GEAR**

- Backpacking towel (optional)
- Full brim quick-dry sun hat (optional)
- Additional mid-weight base layer top/bottom (optional)
- Camp shoes: Crocs or similar with covered toes (optional)

## PERSONAL CLOTHING:

These items are for use by your son/daughter while in BaseCamp, between expeditions. Please refrain from sending anything that has logos, offensive script or gestures, drug, tobacco or alcohol references.

### *Please label all items.*

- 2 short sleeve t-shirts (cotton or other) – NO logos
- 1 long sleeve t-shirt (cotton or other) – NO logos
- 1 pair WORK jeans (no designer, low rise or over-sized garments)
- 2 pair shorts
- 8 pair underwear
- 3 pair cotton socks
- 1 pair athletic shoes
- 2 bandanas
- 1 baseball style cap
- 1 belt
- 1 functional swimsuit (girls: one piece)
  
- 1 pair sunglasses (no designer or prescription)
- 1 bath towel
- 1 washcloth (optional)
- 1 toothbrush & travel case

## PERSONAL ITEMS:

Explorations will provide necessary toiletries and personal hygiene items, while students are on expedition and while in camp.

Please pack all prescription medications, OTC medicines, eye glasses and/or contacts in CHECKED luggage and notify our office that it has been sent.

## ITEMS PARTICIPANTS SHOULD NOT BRING:

- Flashlight or Headlamp
- Knives
- Tobacco or Cigarettes
- Food
- iPod, CDs, MP3 player
- Jewelry or watch
- Digital or other camera
- Video camera/Flip camera
- Drug Paraphernalia
- Razors
- More than \$20
  
- Credit or debit cards
- Handheld electronic devices: iPad, Kindle, GameBoy, Nintendo DS
- Makeup
- Hair products and hair dye