

UVM WILDERNESS TREK ORIENTATION

BACKPACKING EQUIPMENT LIST

When you arrive, Wilderness TREK leaders will assist you in checking over your gear. Missing equipment or clothing will need to be purchased in Burlington before leaving for your trip. It is a matter of great importance and safety that you **do not substitute wool, polypropylene, fleece or nylon items with cotton!** When cotton gets wet, fibers hold water and may result in the loss of body heat. The **only** cotton items that you may bring are: T-shirts, under garments and bandannas. Please do not bring items not on this list! Non-cotton clothing items can be quite expensive. We recommend that you take advantage of synthetic clothing available at local thrift shops or Army/Navy stores. You may also find military issue polypropylene at greatly reduced cost!

Required Clothing and Personal Gear:

- _____ 1 polypropylene or wool long underwear bottom (cotton is not acceptable!)
- _____ 1 pair of wool or fleece pants
- _____ 1 pair of **waterproof** rain pants (breathable preferred)
- _____ 1 pair of nylon hiking shorts
- _____ 1 pair of cotton hiking shorts
- _____ 1 polypropylene or wool long underwear tops (cotton is not acceptable!)
- _____ 1 fleece jacket (no sweatshirts or other cotton items)
- _____ 1 light nylon windbreaker jacket (good anti-mosquito layer)
- _____ 2 T-shirts (polypro if you've got 'em)
- _____ 1 waterproof rain jacket (breathable preferred, no ponchos!)
- _____ 3 pairs of underwear
- _____ 1 bathing suit (nylon shorts may be substituted)
- _____ 1 pair of hiking boots (above-the-ankle, water-proof & **well broken in!**)
- _____ 1 pair of sneakers or TEVA type sandals (to wear in camp)
- _____ 2 pairs of liner socks (lightweight wool or polypropylene)
- _____ 3 pairs of wool hiking socks (polymix wear better)
- _____ 1 fleece ski hat
- _____ 1 baseball cap or sun visor
- _____ 1 headlamp with extra batteries
- _____ 1 backpack with a padded hip belt (internal frame 4000 cu. acceptable; 4500cu. preferred)
- _____ 1 sleeping bag (mummy style rated to 30 degrees or lower)
 - * **Cotton bags are not acceptable!**
- _____ 1 foam sleeping pad (Ensolite, Thermarest or Ridge Rest)
- _____ 2 one-quart water bottles
- _____ 1 thermal mug, bowl and spoon
- _____ 2 cotton bandannas
- _____ toiletries (toothbrush, paste, brush, sunscreen, lip balm. **No soap or shampoo!**)
- _____ 3 large garbage bags (to waterproof your clothing and sleeping bag)
- _____ 1 small pocketknife or Leatherman® tool.

*If you wear contact lenses you **MUST** bring a pair of glasses as a back-up! Optional Items: Crazy Creek chairs, Camelbak, gaiters, sunglasses, camera, book, readings to share, personal journal, Frisbee, waterproof pack cover, hackysack or wool gloves!

UVM WILDERNESS TREK ORIENTATION

CANOEING EQUIPMENT LIST

When you arrive, Wilderness TREK leaders will assist you in checking over your gear. Missing equipment or clothing will need to be purchased in Burlington before leaving for your trip. It is a matter of great importance and safety that you **do not substitute wool, polypropylene, fleece or nylon items with cotton!** When cotton gets wet, fibers hold water and may result in the loss of body heat. The **only** cotton items that you may bring are: T-shirts, under garments and bandannas. Please do not bring items not on this list! Non-cotton clothing items can be quite expensive. We recommend that you take advantage of synthetic clothing available at local thrift shops or Army/Navy stores. You may also find military issue polypropylene at greatly reduced cost!

Required Clothing and Personal Gear

- _____ 1 polypropylene or wool long underwear bottom (cotton is not acceptable)
 - _____ 1 pair of wool or fleece pants
 - _____ 1 pair of **waterproof** rain pants (breathable preferred)
 - _____ 2 pairs of hiking shorts (at least 1 not cotton)
 - _____ 2 polypropylene or wool long underwear tops (cotton is not acceptable!)
 - _____ 1 heavy wool or fleece sweater (no sweatshirts or other cotton items)
 - _____ 1 light nylon windbreaker jacket (optional)
 - _____ 2 T-shirts (polypro if you've got 'em!)
 - _____ 1 **waterproof** rain jacket (breathable preferred...no ponchos!)
 - _____ 3 pairs of underwear
 - _____ 1 bathing suit
 - _____ 2 pairs of sneakers or sandals (one for camp and the other to wear while paddling)
 - _____ 2 pairs of liner socks (lightweight wool or polypropylene)
 - _____ 3 pairs of heavy wool hiking socks
 - _____ 1 wool ski hat
 - _____ 1 baseball cap or sun visor
 - _____ 1 head lamp or small flashlight **with extra batteries!**
 - _____ 1 backpack with a padded hip belt (internal frame 4000 cu. acceptable; 4500cu. preferred)
 - _____ 1 sleeping bag (mummy style rated to 30 degrees or lower)
 - * **Cotton bags are not acceptable!**
 - _____ 1 foam sleeping pad (Ensolite, Thermarest or Ridge Rest)
 - _____ 2 one-quart water bottles
 - _____ 1 thermal mug, bowl and spoon
 - _____ 2 cotton bandannas
 - _____ toiletries (toothbrush, paste, brush, lip balm, sunscreen. **No soap or shampoo!**)
 - _____ 3 large garbage bags (to protect your clothing and sleeping bag)
 - _____ 1 small pocketknife or Leatherman tool
- ***** If you wear contact lenses you **MUST** bring a pair of glasses as a back-up!

Optional Items: Crazy Creek chair, Camelbak, gaiters, sunglasses, camera, book, readings to share, personal journal, waterproof pack cover, Frisbee, hackysack, wool gloves or mittens!

UVM WILDERNESS TREK ORIENTATION

SEA KAYAKING EQUIPMENT LIST

Upon your arrival at the Davis Center, Wilderness TREK leaders will assist you in checking your gear. Equipment or clothing that is missing will need to be purchased in Burlington before leaving for your trip. It is a matter of great importance and safety that you do **not substitute wool, polypropylene, fleece or nylon items with cotton**. When cotton gets wet the cotton fibers hold water and may result in the loss of body heat. The only cotton items that you may bring are: T-shirts, shorts, under garments and bandanas. **Please do not bring items not on this list!**

Required Clothing and Personal Gear

- 1 pair of wool or fleece pants
 - 2 pairs of shorts (at least 1 not cotton)
 - 1 polypropylene or wool long underwear top (cotton not acceptable!)
 - 1 heavy wool or fleece jacket (no sweatshirts or other cotton items)
 - 1 waterproof rain jacket
 - 2 T-shirts (polypro best if you've got em!)
 - 3 pairs of underwear
 - 1 bathing suit
 - 1 pair of sneakers or sandals to paddle in. (Tevass or watershoes acceptable)
 - 1 pair of sneakers to wear in camp.
 - 2 pairs of lightweight wool or polypropylene socks
 - 1 wool or fleece hat
 - 1 baseball cap or sun visor
 - 1 head lamp or small flashlight **with extra batteries**
 - 2 waterproof dry bags (One to store sleeping bag, the other to store clothes)
Dry bags can be NO LARGER THAN 10" DIAMETER or they won't fit into kayak hatch.
 - 1 sleeping bag (mummy style rated to 40 degrees or lower...cotton bags not acceptable)
 - 1 lightweight duffel bag to carry gear to launch. **NO BACKPACKS! (they won't fit in boats)**
 - 1 foam sleeping pad (Ensolite, Thermarest or Ridge Rest)
 - 1 one quart water bottle
 - 1 mug, bowl and spoon
 - 1 cotton bandana
- Toiletries including: toothbrush, toothpaste, brush, sunscreen and lip balm.
NO NEED TO BRING SOAP OR SHAMPOO

- 1 small pocket knife
 - 1 pair sunglasses (If you wear contacts you **MUST** bring a pair of glasses as a back-up!)
- Optional Items: Crazy Creek chair, Camelbak, gaiters, sunglasses, camera, book, readings to share, personal journal, waterproof pack cover, Frisbee, hackysack, wool gloves or mittens!**

Space is limited in kayaks. PLEASE DO NOT BRING ITEMS NOT ON THE LIST.

The kayaks we use have bulkheads separating storage compartments in the bow and stern from the cockpit area to keep water (most) from intruding. Compartments are accessed through hatches on the deck of the boat. To pack, it is best to divide gear into smaller stuff sacks better able to fill narrow bow and stern compartments. Placing all gear in one or two large dry bags does not work... they won't fit through hatches. Items that must be kept dry (sleeping bag, clothes, camera etc.) should be placed in small to medium sized dry bags for added protection. Gear can be carried to the launch in a duffel. Once the gear is in the boats, duffels can be left in the van until we return.

UVM WILDERNESS TREK ORIENTATION

ROCK CLIMBING EQUIPMENT LIST

When you arrive, Wilderness TREK leaders will assist you in checking over your gear. Missing equipment or clothing will need to be purchased in Burlington before leaving for your trip. Please do not bring items not on this list! Non-cotton clothing items can be quite expensive. We recommend that you take advantage of synthetic clothing available at local thrift shops or Army/Navy stores. You may also find military issue polypropylene at greatly reduced cost.

Required Clothing and Personal Gear:

- _____ 1 polypropylene or wool long underwear bottom (cotton not acceptable!)
- _____ 1 pair fleece or Schoeller pants
- _____ 1 pair of **waterproof** rain pants (breathable preferred)
- _____ 1 pair of nylon hiking shorts
- _____ 1 pair of cotton hiking shorts
- _____ 1 polypropylene or wool long underwear top (cotton not acceptable!)
- _____ 1 fleece or Schoeller jacket (no sweatshirts or other cotton items)
- _____ 1 light nylon windbreaker jacket & pants (good anti-mosquito layer)
- _____ 2 T-shirts (polypro if you've got 'em)
- _____ 1 waterproof rain jacket (breathable preferred, no ponchos!)
- _____ 3 pairs of underwear
- _____ 1 bathing suit (nylon shorts may be substituted)
- _____ 1 pair of hiking boots, low cut hikers or approach shoes
- _____ 1 pair of sneakers or TEVA type sandals (to wear in camp)
- _____ 3 pairs medium weight socks (polymix wear better)
- _____ 1 fleece ski hat
- _____ 1 baseball cap or sun visor
- _____ 1 headlamp with extra batteries
- _____ 1 large duffel bag
- _____ 1 day sized backpack
- _____ 1 sleeping bag (mummy style rated to 30 degrees or lower)* **Cotton bags not acceptable!**
- _____ 1 foam sleeping pad (Ensolite, Thermarest or Ridge Rest)
- _____ 2 one-quart water bottles
- _____ 1 thermal mug, bowl and spoon
- _____ 1 cotton bandanna
- _____ toiletries (toothbrush, paste, brush, sunscreen, lip balm. **No soap or shampoo!**)
- _____ 1 small pocketknife or Leatherman® tool.

We Also Recommend You Bring the Following Climbing Gear:

- _____ 1 rock climbing harness
- _____ 1 UIAA certified climbing helmet
- _____ 1 pair of climbing shoes
- _____ 1 ATC type belay device (Reverso acceptable, No Gri-Gris please)
- _____ 2 locking carabiners (pear shaped)
- _____ 1 chalk bag

Please let us know if you'll need to borrow equipment by e-mailing [HYPERLINK "mailto:jdabbott@uvm.edu" jdabbott@uvm.edu](mailto:jdabbott@uvm.edu).

*If you wear contact lenses you **MUST** bring a pair of glasses as a back-up!

Optional Items: Crazy Creek chairs, Camelbak, sunglasses, camera, book, readings to share, personal journal, Frisbee, hackysack or wool gloves!

UVM WILDERNESS TREK ORIENTATION

POMG BIKING EQUIPMENT LIST

Please pack your gear in one 1 medium size duffle bag and one a day-sized backpack. The tour is van supported so you will not need to carry your gear on your bike. You will want to have the backpack to carry your lunch and an extra shirt or rain coat.

Cycling Gear...

- Bicycle, tuned with at least 18 gears *
- Helmet *
- Cycling jersey's or T-shirts, preferably bright colored
- Poly-pro, lycra or wool tights
- Cycling shorts (you will be glad you brought them)
- Wool sweater or fleece top*
- Windbreaker or light jacket
- Raingear suitable for cycling (top & bottom)*
- Firm soled shoes for cycling
- Cycling gloves
- Sunglasses *

Casual Camping Wear...

- T-shirts
- Flannel Shirt
- Lightweight sweater
- Jeans
- Shorts
- Sandals
- Lightweight hiking boots/sneakers
- Swimsuit & towel
- Socks & underwear

Gear & Accessories...

- Sleeping bag *
- Bandanna or sweatband
- Camera & film
- Travel alarm clock
- Lip balm
- Personal toiletry kit
- Sun block*
- Pillow
- Wool or synthetic ski hat (to sleep in if it gets cold)
- Flashlight*
- Small back-pack*
- Personal first-aid kit
- Spare glasses/contacts
- Insect repellent
- Prescription drugs
- Hat with sun visor*
- Extra towel

If You Are Bringing Your Own Bicycle:

- Water bottle with cage.
- Rear rack with bungee cords.
- Personal tool kit containing: a tire patch kit, two spare tubes that fit your bicycle, a set of three tire irons and a dependable frame mounted air pump.
- Bike Lock (we suggest a six-foot cable with a combination padlock).
- Bike is tuned and fits properly!***
 - **Required**

UVM WILDERNESS TREK ORIENTATION

WHITE WATER KAYAKING EQUIPMENT LIST

Upon your arrival to the Davis Center, Wilderness TREK leaders will assist you in checking your gear. Equipment or clothing that is missing will need to be purchased in Burlington before leaving for your trip. It is a matter of great importance and safety that you **do not substitute wool, polypropylene, fleece or nylon items with cotton**. When cotton gets wet the cotton fibers hold water and may result in the loss of body heat. The **only** cotton items that you may bring are: T-shirts, shorts, under garments and bandannas. Please do not bring items not on this list!

Required Clothing and Personal Gear

- _____ 2 polypropylene or wool long underwear bottom
- _____ *Long underwear made with any cotton is not acceptable!
- _____ 1 pair of fleece or Schoeller pants
- _____ 1 pair of **waterproof** rain pants - rubber acceptable, breathable preferred
- _____ 1 pair of shorts (not cotton)
- _____ 2 polypropylene or wool long underwear tops
- _____ 1 fleece jacket or lightweight fill jacket (no sweatshirts or other cotton items)
- _____ 1 light nylon windbreaker jacket (optional)
- _____ 2 T-shirts (polypro or other quick dry)
- _____ 2 pairs of underwear
- _____ 1 bathing suit (recommended one piece for girls)
- _____ 1 pair of sneakers or camp shoes (to wear around camp)
- _____ 1 pair of water shoes (close toed shoes required)
- _____ 3 pairs of heavy wool hiking socks
- _____ 1 lightweight hat
- _____ 1 baseball cap or sun visor, preferably one that will protect ears and neck
- _____ 1 headlamp **with extra batteries!**
- _____ 1 large duffel bag to hold gear
- _____ 1 sleeping bag (mummy style rated to 30 degrees or lower)
- _____ 1 foam sleeping pad (Ensolite, Thermarest or Ridge Rest)
- _____ 2 one-quart water bottles
- _____ 1 thermal mug, bowl and spoon
- _____ toiletries including: toothbrush, toothpaste, brush, lip balm, sunscreen, extra contacts, biodegradable soap
- _____ 3 large garbage bags (to protect your clothing and sleeping bag)
- _____ 1 small pocket knife
- _____ 1 pair of nose plugs recommended
- _____ 1 pair of sun glasses
- _____ 1 pair of croakies for sunglasses and/or prescription glasses
- _____ 1 towel
- _____ 1 pair of neoprene gloves **only if you get cold hands**
- _____ 1 small dry bag

***** If you wear contact lenses you **MUST** bring a pair of glasses as a back-up!

Optional Items: Crazy Creek or Thermarest chair, gaiters, camera, small musical instrument, readings to share, personal journal & pen, waterproof pack cover, Frisbee, hacksack, gloves or mittens!

Gear we will provide: **IF** you own any of the following items, you are welcome to bring them and use them pending our inspection. Please email to let us know if you are planning to bring

your own technical paddling gear

White water boat

White water paddle

Spray Skirt

Helmet

Life Jacket

Dry Top

Wetsuit or Dry pants

Safety Gear

HINTS TO HELP PREPARE FOR WILDERNESS TREK

I. Purchasing Equipment: Cost of outdoor equipment can add up quickly. Here are some money saving ideas:

- * Thrift shops and Army Surplus stores often have rain gear, wool pants and long underwear at lower cost than sporting good stores. The quality is usually good though not always brand name.
- * Vermont can be extremely cold during the winter months! Long underwear is an important investment for all UVM students whether they are worn walking to class or skiing in the mountains. Synthetic polypropylene varieties can not be matched for their wicking ability, warmth and durability. They also dry more quickly and are lighter than wool. Though wool will do, cotton undergarments are simply unsafe and unacceptable as substitutes!
- * TREKKIES who wear nylon bathing suit shorts need only bring one additional pair of shorts if they feel comfortable hiking in their bathing trunks.
- * Shopping via discount wilderness gear catalogs can save time and money. Particularly recommended with price, quality, selection and dependability in mind are the Sierra Trading Post, REI and Campmor catalog companies.

II. Packing your Gear: The better you pack your gear, the more space you will have to fit incidentals and the easier it will be to find things. Here are a few tips on conserving space:

- * If purchasing a new pack, make certain you understand the implications of proper fit given your torso dimensions. When able, shop comparatively and test drive packs, when full, in the store. Talk to sales people about the intended use of your pack and listen carefully to recommendations. A good pack is a considerable investment and will be part of your life for years to come whether used in the woods or traveling in other environments!
- * Line the stuff sack for your sleeping bag with one of your plastic bags. Now stuff your sleeping bag in the garbage bag and barrel lock the stuff sack. This will help to keep your bag dry in damp and rainy weather.
- * If you have an internal frame pack, you should put your sleeping bag in the bottom. If you have an external frame pack, you will most likely need to strap your sleeping bag outside (under the pack compartment, strapped to the metal frame). Waterproof pack covers aren't mandatory but are nice in wet weather!
- * After packing your sleeping bag, line the inside of your pack with a heavy duty garbage bag or pack liner. Your clothes can now be loaded into your pack. If you roll your clothes individually, in cylinders, you will be able to fit more in!
- * Pack personal items, eating utensils and other necessities toward the top of your pack. If you have outside pockets, using them will help keep you organized!
- * Water bottles should be packed in an easily accessible location.

If you are allergic to bees or use an inhaler, please keep your medication in an easily accessible location.

III. Physical Preparation: The better shape you are in, the more enjoyable your TREK experience will be. Here are a few suggestions for arriving properly prepared:

- * Take a walk or jog for thirty minutes a day (starting in June or July).

* Wear your hiking boots around the house or on walks. **If you have brand new boots the chance of getting blisters on the trail is 100%.** To prevent this, wear your boots periodically prior to TREK. You and your group mates will definitely appreciate your effort!

* Load your pack with clothes, books or rocks and wear it on hikes. This will allow you to familiarize yourself with your new backpack. Your pack may weigh close to fifty pounds during TREK.

UVM WILDERNESS TREK UN-EQUIPMENT LIST (or...what to leave home!)

Please take a few moments to read this sheet. The following list is a compilation of items you **may not bring with you on TREK!** Research and personal experience have determined the following items to be hazardous to personal safety, the safety of other group members and/or natural environments we travel in. To provide a safe learning and community building experience for all TREK participants, we ask that you leave these items at home.

It is not our goal or our desire to act as informants. As Wilderness TREK is a UVM program, possession of illegal substances will be reported to the campus judicial system and UVM police when appropriate. **Drugs, alcohol, controlled substances, cigarettes, chewing tobacco and fireworks are not allowed.** Please make intelligent choices in this regard! The consequences for everyone involved can be far reaching.

PLEASE DO NOT BRING:

- * Alcohol and other drugs (including cigarettes & chewing tobacco)
- * Fireworks
- * Non-biodegradable soaps
- * Hatchets
- * Survival knives (blade more than three inches long)
- * Discmans, MP3 players, electronic games or cell phones (even if it does have the cool digital camera feature...)
- * Curling Irons/Hair Dryers (don't laugh, it's happened!)
- * Clothing not listed on the equipment sheet (including extra layers, sweat shirts, sweatpants, jeans etc.) Unnecessary weight may affect your ability to travel efficiently, particularly when hiking!

Final Warning: Trekkies choosing not to adhere to these guidelines may be choosing to leave the TREK program prematurely.

Thank-you for your cooperation! If you have questions or concerns regarding our policy or the items listed above, please feel free to call UVM TREK at 802.656.2060 or email jdabbott@uvm.edu.