



CLMRG Summer Class – Equipment Checklist

This is a list of equipment for the summer class. A few items are required, but please:

Do not run out and buy it all right away!

We will go over a lot of this stuff in the classes to help you make the right selections for you. If you get anything ahead of time, the shoes are the most important. The first practical class is a short hike.

Summer Class Wednesday Field Sessions:

- Boots, medium weight. *Sandals may be nice for the bouldering and climbing days when switching out of climbing shoes.*
- Ten Essentials (*please bring these and ask the instructors to review the items and give you tips*)
- Clothing that is roomy. *best if synthetic.*
- Sunscreen, sun hat, and sunglasses
- Water, 1-2 quarts

Helmets, harnesses, and climbing shoes are provided, but students may bring their own if the helmets and harnesses are UIAA approved.

Summer Class Day Trips:

- Day Pack: 20-50 liters (1200-3000 cu in) with hip belt
- Ten Essentials –
 - Small knife
 - Headlamp or Flashlight (extra batteries)
 - Protection: sunblock, chapstick, bug repellent
 - Whistle and signal mirror
 - Lighter or waterproof matches
 - Emergency bivy
 - Water treatment; this may be iodine, a UV light, or a filter
 - Compass, pencil/pen, map, or copy with route marked on it
 - Individual First Aid Kit
 - Snacking items, like trail mix and gummy treats
- Lunch
- Toilet paper
- Water bottle(s) - probably need 2 quarts (can use recycled plastic bottles)
- Extra Cloths:
 - Gloves,
 - warm hat or balaclava,
 - parka with hood,
 - Rain jacket or poncho,
 - extra insulating upper layers

Appropriate Wear:

- Synthetic cloths, including socks.
- Trail runners or light hiking boots already broken in. *Do not use boots you have never worn before.*
 - Gators are optional, but recommended.
- Synthetic socks, and you may want an extra set of insulating socks worn over them.

Optional

- Cell Phone or camera and backup battery

May need other items depending on forecast and location.



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Summer Class Overnight Trips:

This includes all the items from the day hike list.

- Overnight Pack: 50-90 liters (3000-5500 cu in). Best to make sure it fits you before the hike.
- Toiletries kit (i.e. toothbrush, comb, soap, medications)
- Sleeping system
 - Bivy/single person tent (if sleeping alone)
 - Sleeping bag, compressible enough to carry.
 - Insulating pad for under your sleeping bag.
 - Ground cloth, to go under your insulating pad.
- 4 Meals: enough for trip & a bit extra. *Nothing can be left at your car.*
 - First Lunch
 - Dinner (Items that only require adding hot water)
 - Breakfast
 - Second Lunch
- Mess Kit
 - Plastic spoon/spork
 - Cup, non-breakable
 - Bowl, non-breakable (can get by with just a multiuse cup)
 - Cook set.

Group Items: (we recommend arranging to have smaller groups of 2-4 people within the larger group to coordinate and share this equipment)

- Stove, Fuel and Pots.
- Water Filter.
- Bear Can, depending on the location.
- 2+ person Tent (if arranged with a small group)

Appropriate Wear:

- Synthetic cloths, including (especially) socks and underwear.
 - Insulating base layer
 - Warming layer
 - Light shell layer
- Light or medium hiking boots already broken in. *Do not use boots you have never worn before.*
 - You may need snow boots depending on location and forecast.
 - Gators are optional, but recommended, snow gators are needed if there is snow shoeing.
- Synthetic socks, and you may want an extra set of insulating socks worn over them.

May need other items depending on the forecast and location.

Optional

- Poncho
- Summit pack, to be used to get to the top of a mountain
- Cell Phone or camera and backup battery