

Project ASCENT Expedition Gear List

Boots and Socks: Boots are your most important piece of equipment! Comfort is the main consideration. They should be large enough to comfortably wear two pairs of socks (one pair of thick wool or synthetic socks worn over one thin pair of liners). Do not buy boots that are too small! It is important to wear two pairs of socks while hiking, in order to reduce friction between your foot and the boot. Be sure your boots are well broken in prior to your trip. The best method is simply to walk in them as much as possible, gradually working up to long distance walks. The importance of having comfortable, well broken-in boots cannot be overemphasized. It is also important that you apply a wax-based or oil-based waterproofing product to your boots prior to the trip. (note- trail shoes are great as well!!)

Clothing: Wilderness clothing should be loose fitting so that it doesn't constrict movement and circulation. Wool, capilene, polypropylene, fleece, and related synthetics will keep you warm when wet—cotton and down will not!! **DO NOT WEAR COTTON IN THE COLD!!** If at all possible, wool is recommended!! One exception is a cotton t-shirt for warm days and on our hikes. Remember, no matter how warm and calm it may be in town, mountain weather can change rapidly and become cold or violent any time of the year. Temperatures frequently fall below freezing at night—wind chill can be severe, and although infrequent during summer months, snow can fall in the high mountains anytime!

More: Project ASCENT will supply all other necessary items, including: backpacks, daypacks, tents, sleeping bags and pads, food, cooking gear, and utensils. We supply bear spray and safety equipment to all and trekking poles are available for those who wish to use them. We also supply group camping gear such as stoves & fuel, rope, kitchen garb, comprehensive first-aid kit, head lamps, fire starters, GPS, compasses and maps, etc. ASCENT will supply water filters and teach proper usage. ASCENT provides ponchos, but you may bring heavier rain gear if desired.

****You must supply the following clothing and equipment for the expedition. This list works. Follow it!****

CLOTHING AND GEAR LIST FOR ASCENT

Please pack all items in a pack of your choosing, thanks!!

CLOTHING

- 1 warm fleece or synthetic filled jacket or vest
- 1 warm wool or fleece shirt
- 1 set long underwear (not cotton) top and bottom (under armor is fine)
- 1 lightweight long-sleeved shirt for sun protection
- 1 loose fitting synthetic or wool pants or zip-offs (avoid blue jeans)
- 1 pair of shorts
- 2 T-shirts (wear one, carry one)
- 3 extra underpants
- 3 complete sock changes (see above)
- 1 pair gloves or mittens (lightweight)
- 1 sun hat
- Swim wear
- 1 pair of sneakers, sandals, or "crocs" for camp, streams, and lake
- 1 stocking cap or ski hat

OTHER ITEMS

- Multi-tool (parent approved, optional)
- 2 Water Bottles
- Sunglasses
- *Un-scented sunscreen (small container) *(bear-safe)
- *Un-scented insect repellent (small container) and optional *(bear-safe)
- Moleskin for blister protection (optional)
- "Second Skin" burn pads for blister care
- Personal medication (if needed); also consider ibuprofen, aspirin, or Tylenol (parent approved)
- Lip balm
- Hand sanitizer (small bottle)
- Camera (recommended)
- Lightweight binoculars (optional)
- Towel