



## Hante Rocks and Rivers Equipment List

This list contains items that you will need for Rocks and Rivers. We have spent a lot of time preparing this list. **It is important that you bring each of the items on the list** to ensure that you are prepared for your trip. If you arrive in Pisgah Forest without one of the essential items on this list, we will attempt to purchase it for you at your expense. This will be inconvenient for everyone, so please arrive with everything that you need. Please note that for some items of clothing we specify **non-cotton**; this is a mandatory requirement because synthetic materials will keep you warmer in wet conditions. If you have any questions about equipment or clothing needs please give us a call. **(Items marked with “+” are optional).**

### Footwear

- Hiking boots:** Light to mid-weight varieties are the best. The boots should cover your ankles. *Be sure to break them in before departing on your trip (Walk at LEAST 50 miles in them! Over a couple days, NOT weeks).* This will help you avoid getting irritating blisters. Vasque, Merrell, and Asolo make quality boots.
- Comfortable Shoes:** Great for traveling in, wearing around campsites, playing Ultimate, etc.
- 4-5 pairs of wool socks:** These help keep your feet warmer even when they're wet. SmartWool, Wigwam, and Fox River make comfortable socks.
- 2 pairs of hiking liner socks:** These will help wick sweat and prevent blisters. They are GREAT!
- Lightweight river sandals:** Sandals with heel straps such as Chacos, Texas, Keens, etc. *NO flip-flops or Crocs.* Sandals must be able to get wet and stay securely on your feet.

### Gear

- Backpack:** Internal or external frame of *at least* 4000 cubic inches. This pack should serve as your main luggage carrier for the trip. If you don't have a pack already, but would like to buy one, we would be happy to suggest places and brands of good, yet economical, packs. *If you are concerned or have questions about your pack, please call or email us.* You may use an Eagle's Nest pack.
- Sleeping bag with compression sack:** The bag should have a rating of 30 degrees or lower. Polyester fill bags are best (with Polarguard or Quallofil insulation). Marmot, Kelty, Big Angus, REI, and North Face all make quality sleeping bags. Please refrain from purchasing a down bag, as they are problematic when they get wet. Cotton bags are NOT acceptable. The compression sack should compress the bag to a small easily packable size. Waterproof compression sacks are great and reasonable prices (try Sea-to-Summit).
- Sleeping pad:** A closed cell or inflatable pad will give you some cushion under your sleeping bag and will also serve as insulation to help to keep you warm. Eagle's Nest also has sleeping pads available for our participants.

### Clothing

- 1 long underwear tops and 1 long underwear bottoms:** Light to mid-weight polypro or capilene will help keep you warm even when wet. No cotton.
- Raincoat + Rainpants:** Be warned; it *will* rain at some point during your trip. Bring a durable, breathable, and waterproof raingear (“water-resistant” will NOT do).
- 3 pairs of quick drying shorts.**
- 1-2 pairs of quick drying pants:** with so many bugs and nettles in the summer, you will more than likely hike in these pants most days. 100% polyester.
- 2-3 short sleeve non-cotton T-shirts:** Any kind of synthetic clothing, from the Patagonia capilene to simple Under Armor t-shirts. Please, do not bring cotton T-shirts.

- 1 warm fleece jacket:** The lows in the mountains can be 50's at night even in the middle of the summer, and you'll want both a heavier and a lighter fleece jacket to layer.
- 2-3 sets of comfortable On-Camp clothes:** You will be spending a couple days at camp, and might enjoy some "normal clothes". These can also be packed for your paddling section for when you are at camp. But remember, space is limited, so things may need to stay back at Eagle's Nest.
- 1 Swim suit (no string bikinis!)**
- 8 pairs of underwear**
- 1 hat for sun protection**
- 1 wool or fleece hat**

*\*\*\* Please note that space for clothing and gear is very limited and everything needs to be easily transportable AND fit in backpack... Please limit what you bring to this list, unless you hear otherwise from us. Thanks!\*\*\**

### Personal Items

- One pair of twin sheets:** For our few nights in the Sun Lodge.
- Headlamp and extra Batteries:** A hands-free light is useful, but any type of flashlight will do.
- Please bring any wrist, ankle or knee braces for any past injuries you have had.**
- Glasses, contacts, retainers, and medications you regularly take, etc.** If you wear glasses or contacts, please bring a BACKUP pair of glasses! Things break and get lost, and you want to be able to see all the beauty.
- Toiletries:** Toothbrush, toothpaste, Biodegradable soap + shampoo in watertight travel size containers, etc.
- One bottle of sunscreen:** SPF 30+
- One bottle insect repellent**
- Dark Sunglasses**
- Pocket knife:** (remember not to store it in your carry-on luggage if flying)
- Extra Stuff sack and several small ditty bags:** Great for organizing.
- 10-15 large zip lock bags**
- 2 one-liter water bottles or a hydration system:** If you choose to purchase a hydration system like CamelBak or Platypus, YOU MUST also bring at least one hard 1-Liter water bottle.
- +Journal**
- +Crazy Creek or other camp chair:** (ideal for the river section of the Hante)
- Mug, Bowl, Spoon:** plastic or metal

### Miscellaneous Items (optional)

- +Digital Camera**
- +Reading materials**
- +Small set of art supplies**
- +Stationary and stamps**
- +Climbing Shoes and Chalk bag** (This is the only personal climbing gear allowed) We can provide shoes.

+: Remember, items marked with "+" are optional

We hope that you have many of the items on hand or can borrow them from friends. If you plan on borrowing a backpack or sleeping pad from Eagle's Nest, we can fit you upon arrival at camp for the Hante. If you do need to purchase gear you can find many of the items on this list in surplus stores, thrift shops, local sporting good stores, outdoor stores and online. Below are a few reputable companies:

REI  
www.rei.com  
1-800-426-4840

Diamond Brand Outdoors  
www.diamondbrand.com  
1-800-459-6262

Campmor, Inc.  
www.campmor.com  
1-888-226-7667