



Hante Rocks and Rivers

Packing List 2020

PURPOSE

Packing for your Hante trip should be done with care to ensure you have all of the necessary clothing and equipment for a safe and fun trip. Each item on this list has been carefully selected and is required unless noted optional.

CLOTHING CONSIDERATIONS

On our Hantes, we layer clothing for warmth and protection from the elements. We use synthetic fibers, such as polyester, fleece, and wool, which keep you warm when wet. We **avoid cotton**, which is poor insulation when wet.

Layers: Our clothing list is based on the following layering principals; the 4 W's.

- **Base Layer: Wicking** – this layer wicks sweat and moisture away from your skin, keeping you from getting too cold. This will be your long underwear or synthetic top/bottom layers.
- **Light/Mid Weight Layer: Warmth** – This will be your lightweight, fleece, and insulating jacket/bottom layers. These layers create a space for warm air to be trapped, keeping you warm.
- **Insulating Layer: More Warmth** – For those of us who get cold easily... same as above. This layer adds to the insulation keeping us warmer.
- **Outer Layer: Weather** – This is the outermost layer and will protect us against wind, rain, and cold. Make sure this layer is breathable and **100% waterproof**.

SHOPPING

If you have any questions about a piece of clothing or equipment, need help finding the right price, or would like to rent or buy something from Eagle's Nest, please email Mims at hante@enf.org. See below for recommended websites that typically have great products and deals.

- www.steepandcheap.com
- www.rei.com or www.reioutlet.com
- www.backcountry.com
- www.sierra.com

ADDITIONAL CONSIDERATIONS

- **Money:** If your child is traveling to Eagle's Nest by plane, please send \$60 cash with your child. We will collect \$20 on opening day and hand it back on closing day so they have a little something to travel home with.
- **Electronics:** We will be collecting all electronics on opening day. They will remain off and stored for the duration of the trip. Eagle's Nest is not responsible for any damage incurred to stored electronics.
- **Packing:** Please only pack what is on the list, space will be limited!

Equipment

Gear	Rental	Purchase	#	Description
Backpacks and Bags				
Duffel Bag			1	Large Duffel bag (90-150 Liters). (<i>Recommend: REI Co-Op Road Tripper 100L, The North Face Base Camp Duffel XXL or similar</i>) This should fit all of your belongings.
Hiking Backpack	x		1	Internal Frame (65-75 Liters, no smaller please!). (<i>Recommendation: Osprey, Deuter</i>)
Hiking Backpack Cover	x		1	100% Waterproof backpack cover
Day Pack			1	This pack will be used for travel/prep days as well as travel to and from the Hante. <i>This can be a school backpack or similar.</i>

Note: Your duffel bag needs to be able to fit all of your belongings. Your backpack, sleeping bag, and ground pad will take up a lot of the room, so pack and stuff items around those bulky items.

Sleeping Gear

Sleeping bag			1	Synthetic sleeping bag rated 15-25 degrees Fahrenheit with a compression stuff sack. (<i>Recommend: Marmot, Kelty, North Face, REI, Big Agnes.</i>)
Compression Stuff Sack			1	This makes your sleeping bag very small. You will need this to make it fit in your backpack. It will also help with packing in your duffel.
Ground Pad			1	Insulating ground pad (<i>Recommend: Therm-a-rest RidgeRest or Therm-a-rest ProLite</i>)

Additional Equipment

Water Bottles		x	2	Minimum 2-1 Liter (<i>Recommend: Nalgene</i>). <i>Note: if you bring a hydration system, you must also bring 2-1 Liter water bottles.</i>
Headlamp			1	Hands free light for those adventures in the dark! Please bring extra batteries. (<i>Recommendation: Petzl, Black Diamond</i>)
Bowl with Lid			1	(<i>Recommendation: Tupperware or Nalgene</i>)
Cup or Mug with Lid			1	Hot chocolate, anyone?
Plastic Spoon			1	(<i>Recommendation: Spork</i>)
Nylon Stuff Sack			2-3	Variety of sizes. These are handy for food storage in the back country and keeping all of your personal items organized.

Footwear and Clothing

Gear	Rental	Purchase	#	Description
------	--------	----------	---	-------------

Footwear

Hiking Boots			1	Medium-weight, over the ankle boots – Break them in before arrival to prevent blisters! (<i>Recommend: Asolo, Vasque, Merrell</i>)
River Shoes			1	Shoes that can get wet and stay on your feet. Must have a back strap. (<i>Recommend: Tevas, Chacos, Astral, Keen</i>) No flip flops or crocs!
Tennis Shoes			1	A pair of comfortable shoes you don't mind getting dirty!
Camp Shoes			1	A comfortable shoe you can wear easily around, such as crocs. *Optional
Hiking Socks			3	Non-Cotton, hiking socks. <i>We will use these for our backpacking section. Smartwool makes a great sock.</i>
Sock Liners			1-2	*Optional. Hiking Sock Liners. These wick moisture and help to prevent blisters.
Socks			4-5	These should also be synthetic or wool, but can be lightweight. These will be used during the “non-backpacking” times.

Upper Body Layers

Long Underwear/ Base Layer Top			1	Synthetic, medium weight, long sleeve top. (<i>Recommend: Patagonia Capilene, Smartwool, or similar</i>)
Synthetic Shirts			3-4	Synthetic, non-cotton t-shirts (<i>Recommendation: Patagonia Capilene or similar.</i>)
T-Shirts		x	5	Variety of comfortable cotton T's to wear during travel and prep days.
Lightweight Top			1	Synthetic, non-cotton. This can be a lightweight fleece pullover, sweater, or full zip jacket. (<i>Think: Light jacket</i>)
Fleece Jacket			1	Synthetic, non-cotton. This needs to be heavier than the lightweight top. (<i>Recommendation: Patagonia Synchilla or Similar</i>)
Insulating Jacket			1	Synthetic or down insulation, non-cotton. This can be a synthetic or down “puffy” jacket. (<i>Recommendation: Patagonia Nano Puff or Similar.</i>)
Rain Jacket w/ hood			1	Must be 100% waterproof! (<i>Recommendation: Marmot precip or Patagonia Torrentshell</i>)
Sports Bra			4-6	If you wear these, bring them! Non-cotton, synthetic.

Lower Body Layers

Long Underwear/Base Layer Bottom			1	Synthetic, non-cotton. Medium weight. (<i>Recommendation: Hot Chillys, Patagonia Capilene Lightweight/Midweight bottoms</i>) Note: a pair of synthetic leggings will work here!
Athletic Shorts			4	Synthetic, non-cotton. (<i>Recommendation: Patagonia Baggies, Nike Runners, or similar athletic shorts.</i>)
Long Pants			2	Synthetic, non-cotton hiking pants. These are a great alternative to shorts in buggy/brushy times of hiking. <i>It can get pretty buggy out there and you'll find yourself wanting to hike in these! REI has a great variety of selection of these.</i>
Fleece Pants			1	Synthetic, non-cotton fleece pants. These are magical. (<i>Recommendation: Hot Chillys, Patagonia</i>)

Rain Pants			1	100% Waterproof and large enough to fit over your hiking pants and long underwear.
Bathing Suit			2	Bring something that you can be extremely active in. Note: Your synthetic clothing acts as a great swimsuit in the moment!
Underwear			10	Synthetic, non-cotton pairs are great for our treks, but please bring a few breathable cotton pairs for our travel and prep days.
Travel Pants			1	**Optional. If you'd like, a pair of comfortable khakis or jeans for travel days.

Head & Hands

Warm Hat		x	1	Wool or fleece.
Baseball Hat		x	1	A baseball or wide-brimmed hat for sun protection.

Miscellaneous and Personal Items

Gear	Rental	Purchase	#	Description
------	--------	----------	---	-------------

Toiletries

Toothbrush/ Toothpaste			1	Plus any retainers you may wear!
Glasses, Contacts			-	Please bring any you regularly wear as well as a backup pair.
Sunglasses			1	For that sunshine. Don't forget the Chums to keep them attached to you!
Ankle, Knee, Wrist Braces/Wraps			-	Please bring any you regularly wear.
Travel Shampoo/ Soap			1	Travel size please!
Deodorant			1	Please bring an unscented deodorant.
First Aid Kit			1	Including: Insect repellent, waterproof sunscreen (SPF 30+), Band-Aids, Chap stick with SPF, Wet Ones Wipes.
Blister Kit			1	Including: moleskin and second skin

Note: Please travel with all toiletries in your checked luggage with the exception of your toothbrush, toothpaste, and any personal medications.

Miscellaneous

Wallet			1	If you are traveling by plane, please send your child with \$60 cash. We will collect \$20 at the start of the trip. At the end, we will hand it back so they have a little money for traveling home.
Bandana			2	These are excellent in a variety of ways. From sun protection to cleanliness.

Whistle			1	<i>Recommendation: Fox 40 Classic! **Optional. We will provide this if you decide not to purchase.</i>
Pocket Knife			1	**Optional. We will learn how to responsibly use pocket knives. Please do not store in your carry on if you're flying.
Pack Towel			1	Absorbent and quick drying.
Large Ziploc Bags			10	These will be used for keeping items dry and organized in our packs.
Twin Sheets			1 Set	We'll use these for our couple of nights in the Sun Lodge.

Optional

Gear	Rental	Purchase	#	Description
Digital Camera			1	Bring the charger or extra batteries
A great book			1-2	Paperbacks are preferable and easier to pack.
Notebook with pen			1	For journaling
Stationary w/ Stamps			-	There will be a couple of days of travel where we will be able to send out a letter or two!
Backpacking Pillow			1	Pillows are a huge luxury in the wilderness, but man, aren't they awesome?
Crazy Creek Chair		x	1	Another big luxury item that is single handedly responsible for many moments of comfort in the great outdoors.
Mosquito Head Net			1	Buzzzzzzzz....
Personal Climbing Shoes			1	If you're a climber, feel free to bring your own shoes. For safety reasons, we will provide all other equipment!

Packing Tips

Note: If you are traveling by airplane...to prepare for the event of lost luggage on opening day, please:

- Wear tennis shoes
- In your Daypack:
 - Pack a change of clothes and your rain jacket.
 - Bring any medications you take and a toothbrush
 - Pack your Wallet and Money