



Paleo Experiment Equipment List 2021

PURPOSE

Packing for your Added Adventure 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.

****You will find some of these items are already on the Camp packing list; we are emphasizing their importance here. There is no need to bring duplicates or pack separately. ****

CLOTHING CONSIDERATIONS

On your Added Adventure, you will layer clothing for warmth and protection from the elements. You will use synthetic fibers, such as polyester, fleece, and wool, which keep you warm when wet. You should **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 synthetic top and bottom layers and long underwear.

Light/Mid Weight Layer: Warmth – This will be your fleece 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. This is an optional layer for this trip!

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 borrow or buy something from Eagle's Nest, please email Andrew 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

Equipment				
Gear	Borrow	Purchase	#	Description
*Items marked with an “x” under “Borrow” or “Purchase” indicates that the item is available to be borrowed from us or purchased from the canteen.				
Backpacks and Bags				
Hiking Backpack	x		1	Internal Frame (55-65 Liters, absolutely no smaller please!). <i>(Recommendation: Osprey, Deuter)</i>
Hiking Backpack Cover	x		1	100% Waterproof backpack cover
**Eagle’s Nest will supply all camping equipment, including a backpack as indicated by the borrow checkboxes. Please contact Mims, hante@enf.org , if you are interested in purchasing your own and would like further assistance or recommendations.				
Sleeping Gear				
Sleeping bag			1	Synthetic sleeping bag rated 15-25 degrees Fahrenheit. <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	x		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> . Note: if you bring a hydration system, you must also bring 2-1 Liter water bottles.
Headlamp			1	Hands free light for those adventures in the dark! Please bring extra batteries. <i>(Recommendation: Petzl, Black Diamond)</i>
Cup or Mug with Lid			1	**Optional. Hot chocolate, anyone?
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	Borrow	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>
Camp Shoes			1	A comfortable shoe you don’t mind getting dirty. You’ll want these after a long day on the trail. <i>(Recommend: Old tennis shoes, crocs, or similar.)</i>
Hiking Socks			3-4	Non-Cotton, hiking socks. We will use these for our backpacking section. <i>(Recommend: Smartwool, darn tough, REI, or similar. Look for “merino wool”.)</i>

Clothing				
Long Underwear Top and Bottom			1	Synthetic, light to medium weight long underwear set. (<i>Recommend: REI, Patagonia, Smart Wool, or similar</i>) Long underwear helps to keep us warm and dry!
Synthetic T-Shirts			3-4	Synthetic, non-cotton t-shirts. (<i>Recommend: REI, Patagonia, or similar</i>)
Athletic Shorts			3-4	Synthetic, non-cotton shorts. (<i>Recommend: REI, Patagonia Baggies, Nike runners, or similar.</i>)
Lightweight Top			1	Synthetic, non-cotton. This can be a long-sleeved quick dry shirt, lightweight fleece pullover, sweater, or full zip jacket. (<i>Think: Light jacket or long sleeved layer</i>)
Long Hiking Pants			1	Synthetic, non-cotton hiking pants. <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 Jacket			1	Synthetic, non-cotton. This needs to be heavier than the lightweight top. (<i>Recommendation: REI Groundbreaker, Patagonia Synchilla or Similar</i>)
Fleece Pants			1	*Optional Synthetic, non-cotton fleece pants. These are magical. (<i>Recommendation: Hot Chillys, Patagonia</i>) <i>Note: If you get cold easily, you'll want to have these on hand. I personally can vouch for the Hot Chillys brand and wear my fleece pants whenever it gets remotely cold.</i>
Insulating Jacket			1	Synthetic or down insulation, non-cotton. Think: puffy jacket or windbreaker. (<i>Recommendation: REI Revelcloud, REI Flash Jacket, Patagonia Nano Puff or Similar.</i>)
Rain Jacket W/ Hood			1	Must be 100% waterproof! (<i>Recommendation: REI Rainier, Marmot precip or Patagonia Torrentshell</i>)
Rain Pants			1	100% Waterproof and large enough to fit over your hiking pants and long underwear. (<i>Recommend: REI, Marmot</i>)
Warm Hat			1	Wool or Fleece.
Miscellaneous and Personal Items				
Gear	Borrow	Purchase	#	Description
Everything Else!				
Toiletries			-	Toothbrush/toothpaste, glasses/contacts, and sunglasses + Chums!
Personal Kit			1	Including: Insect repellent, waterproof sunscreen (SPF 30+), Chap stick with SPF, Wet Ones Wipes, menstruation materials.
Journal			1	Don't forget the pens and colored pencils!
Crazy Creek		x	1	*Optional. Highly recommend.
Bandana			1	These are excellent in a variety of ways. From sun protection to cleanliness