



Rocks and Rivers

Clothing and Equipment List 2022

Purpose and Considerations

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. On our Adventures, 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. **You cannot wear any cotton** except for travel or rest days. Cotton will not keep you warm when wet, nor will it reliably dry.

Eagle's Nest Foundation Gear Lending Library

Thanks to the generosity of Eagle's Nest Camp, Hante, and Outdoor Academy alumni, we have a supply of outdoor clothing and equipment to lend for your trip. If obtaining the items on this list poses a challenge for you, please reach out to Andrew (andrew@enf.org). We will work with you confidentially to provide as much as we're able.

How to Find What You Need

1. **First, use gear you already own.** Most of the clothing and equipment you need you likely already own.
2. **Go to a thrift store or second hand outdoor gear shop!** Your local thrift store or used outdoor gear shop is a great place to buy basic items like fleece, long underwear, long sleeve shirts, and shorts. With the added benefit of not being afraid to beat it up a little!
3. **Visit your local outdoor store.** For some specific items, such as boots, it is immensely important to try things on to get the right size and fit.
4. **Shop online to find discounts.** Websites like REI Outlet, Backcountry.com, Sierra Trading Post, and Steep and Cheap, all regularly have sales or offer discounted prices.

Additional Considerations

- **Money:** If you are traveling by traveling by plane, please bring \$40 cash. We will collect \$20 on opening day and hand it back on closing day so you 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!
- **Label label label.** Chances are, someone else will come with similar gear. Labeling is also helpful in the event you accidentally leave something with us.

Notes

- **“Borrow”** indicates that an item is available to be borrowed from us.
- **“Eagle’s Nest Canteen”** indicates that an item is available to be purchased from the canteen.
- **Brands** are listed to provide guidance, but are not a requirement to fulfill the packing list.

Equipment				
Gear	Borrow	Eagle’s Nest Canteen	#	Description
*Items marked with an “x” under “Borrow” or “Purchase” indicate that the item is available to be borrowed from us or purchased from the canteen.				
Backpacks and Bags				
Backpack	x		1	65+ Liters. This is one of the most important items for our trip, as much of it will be spent on the trail! <i>(Recommend: Osprey Aether or Ariel, Gregory Baltoro or Deva, Deuter Aircontact Lite)</i> *We have a limited number available to borrow. We use the Osprey Aether and Ariel as program packs.
Hiking Backpack Cover	x		1	<i>*Optional.</i> 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>(Recommend: This can be a school backpack or similar.)</i>
Sleeping Gear				
Sleeping bag			1	Synthetic sleeping bag rated 35 degrees Fahrenheit or warmer. <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	<i>*Optional.</i> Insulating ground pad <i>(Recommend: Therm-a-rest RidgeRest or Therm-a-rest ProLite)</i> We provide Therm-a-rest Ridgerest sleeping pads to participants. You are welcome to bring your own! Inflatable pads are welcome, though bear in mind the possibility of leaks and higher costs with this style.

Additional Equipment				
Water Bottles		x	2	Minimum 2 - 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. Rechargeable headlamps are unfortunately not recommended at this time. We do not have a way to recharge in the field. (<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?
Spoon			1	(<i>Recommendation: Metal Spork - nobody likes a broken plastic 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	Borrow	Eagle's Nest Canteen	#	Description
Footwear				
Hiking Boots or Shoes			1	Medium-weight boots or shoes – Break them in before arrival to prevent blisters! (<i>Recommend: Asolo, Vasque, Merrell, Altra, Hoka</i>). Shoes can be low-top hikers or trail runners. We have a small selection of used footwear in the GLL, feel free to ask and we can work to assess fit.
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>) <i>No flip flops or crocs!</i>
Camp Shoes			1	*Optional. A comfortable, lightweight shoe you can easily carry in your pack. Note: we require closed-toe shoes for backcountry cooking, so closed-toe camp shoes are popular (Crocs with holes are great, but can't be worn while cooking!).
Climbing Shoes	x		1	*Optional. If you are a climber and have your own preferred shoes, bring them! ENF will provide quality shoes if you do not own your own.

Hiking Socks			3-5	Non-Cotton, hiking socks. <i>We will use these for our backpacking section. (Recommend: Smartwool, darn tough, REI, or similar. Look for “merino wool”.)</i>
Sock Liners			2-3	*Optional. Hiking Sock Liners. These wick moisture and help to prevent blisters. These are a personal preference, but worth their weight in gold if they work for your feet!
Socks			2-3	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: REI, Patagonia Capilene, Smartwool, or similar)</i>
Synthetic Shirts		x	3-4	Synthetic, non-cotton t-shirts <i>(Recommendation: REI, Patagonia Capilene or similar.)</i>
T-Shirts		x	3-4	Variety of comfortable cotton T’s to wear during travel and prep days.
Long Sleeve Synthetic Shirt			1	Synthetic, non-cotton. <i>(Recommend: REI, Patagonia, or similar)</i>
Fleece Jacket			1	Fleece, Non-Cotton. <i>(Recommendation: REI Groundbreaker, Patagonia Synchilla, Sierra Designs Cold Canyon Hoodie, or Similar)</i>
Insulating Jacket			1	Synthetic insulation, non-cotton. Think: light 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>
Sports Bra			3	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			4-5	Synthetic, non-cotton. <i>(Recommendation: REI, Patagonia Baggies, Nike Runners, or similar athletic shorts.)</i>
Long Hiking Pants			2	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 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>
Rain Pants			1	100% Waterproof and large enough to fit over your hiking pants and long underwear. <i>(Recommend: REI, Marmot)</i>
Bathing Suit			2	Bring something that you can be extremely active in. <i>Note: Your synthetic clothing acts as a great swimsuit in the moment! No string bikinis please.</i>
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.
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	Borrow	Eagle's Nest Canteen	#	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. If you don't wear them, they are not needed.
Travel Shampoo/ Soap			1	Travel size please
Deodorant			1	Please bring an unscented deodorant.
Personal Kit			1	Including: Insect repellent, waterproof sunscreen (SPF 30+), Band-Aids, Chapstick with SPF, Wet Ones Wipes, Menstruation materials, and Hair Care Supplies.

Blister Kit			1	Including: Moleskin and Second Skin products for blister treatment, and athletic tape. Various brands of these products can be found in the skin care section of local pharmacies and grocery stores. Single packages for each participant will suffice.
Note: If flying, 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 bring \$40 cash. We will collect \$20 at the start of the trip. At the end, we will hand it back so you have a little money for traveling home.
Bandana			2	These are excellent in a variety of ways. From sun protection to cleanliness.
Whistle	x		1	<i>*Optional. Recommendation: Fox 40 Classic! We will provide this if you decide not to purchase.</i>
Pocket Knife			1	<i>*Optional. We will learn how to responsibly use pocket knives. Please do not store it in your carryon if you're flying.</i>
Pack Towel			1	Synthetic material. Absorbent and quick drying.
Large Ziploc Bags			5-10	These will be used for keeping items dry and organized in our packs.
Trekking Poles			1	A joint saver! They absorb ~60% of the shock force otherwise taken by your body. (<i>Recommend: Black Diamond, Leki.</i>) Be sure to purchase the correct height - poles should rise to a point between the hip bones and the bottom of the rib cage.
Optional				
Gear	Borrow	Eagle's Nest Canteen	#	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!
Crazy Creek Chair or Foam Seat Pad		x	1	Another big luxury item that is single handedly responsible for many moments of comfort in the great outdoors.

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:
 - o Pack a change of clothes and your rain jacket.
 - o Pack any medications you take and a toothbrush
 - o Pack your Wallet and Money