



Utah

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.

Eagles 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. The bells and whistles on most expensive outdoor equipment won't make a meaningful difference in your comfort or happiness.
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:** Please bring \$50 - \$100 for travel money and souvenirs.
- **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.** If I could say it more, I would! 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.
- **Brands** are listed to provide guidance, but are not a requirement to fulfill the packing list.

Equipment			
Gear	Borrow	#	Description
*Items marked with an "x" under "Borrow" indicates that the item is available to be borrowed from Hante			
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>Example: 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.
Day Pack	x	1	This pack will be used for hiking, travel, and prep days as well as travel to and from the trip. 25-40 Liters. (<i>Example: REI Trail 40 Pack, Osprey Stratos 24 Pack, or Similar</i>) ** We have a limited number of packs available to borrow through our Gear Lending Library. Reach out if you would like to use our GLL!
Sleeping Gear			
Sleeping bag		1	Synthetic sleeping bag rated 20-35 degrees Fahrenheit. (<i>Example: 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>Example: Therm-a-rest RidgeRest or Therm-a-rest ProLite</i>). Inflatable pads are welcome, though bear in mind the possibility of leaks and higher costs with this style.
Additional Equipment			
Water Bottles		2	Minimum 2 1- Liter (<i>Example: 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 not recommended for this trip, as 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?
Plastic or Metal Spoon		1	(<i>Recommendation: Metal Spork</i>) Broken plastic sporks are still usable, but metal is much harder to break while tossing your pack down after a long day!
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	#	Description
Footwear			
Hiking Shoes or Boots		1	Medium-weight boots or shoes – Break them in before arrival to prevent blisters! (<i>Examples: 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.
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!).
Tennis/Cycling Shoes		1	Shoes with reliable rubber soles (not ancient and peeling off the bottom!). You will ride bikes with flat pedals, not clip-ins. Sticky rubber soles will help your feet stay on your pedals - the stickier, the better. (<i>Recommendation: Merrell, Pearl Izumi, Five Ten</i>)
Hiking Socks		3-4	Non-Cotton, hiking socks. (<i>Recommend: Smartwool, darn Tough, REI, or similar. Look for "merino wool".</i>)
Socks		2-3	These should also be synthetic or wool, but can be lightweight. These can be used during travel, prep, or rest days.
Upper Body Layers			
Base Layer Top		1	Synthetic, medium weight, long sleeve top. (<i>Example: REI, Patagonia Capilene, Smartwool, or similar</i>)
Synthetic Shirts		4-5	Synthetic, non-cotton t-shirts (<i>Example: REI, Patagonia Capilene or similar. You can also use your Hante shirt</i>)
Short-Sleeve Cycling Shirt		1-2	Synthetic, non-cotton with easy-access pockets sewn onto the back. This makes on-the-ride snacks and photo-ops much more convenient. (<i>Recommendation: Pearl Izumi or REI</i>)
T-Shirts		3-4	Variety of comfortable cotton T's to wear during travel and prep days.
Long Sleeve Sun Shirt		1	Synthetic, non-cotton, light, SPF rated. (<i>Example: REI, Exofficio, Columbia</i>).
Fleece Jacket		1	Fleece, Non-Cotton. (<i>Example: REI Groundbreaker, Patagonia Synchronilla, Sierra Designs Cold Canyon Hoodie, or Similar</i>)
Insulating Jacket		1	Synthetic insulation, non-cotton. Think: light puffy jacket. (<i>Example: REI Revelcloud, REI Flash Jacket, 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		3	If you wear these, bring them! Non-cotton, synthetic.

Lower Body Layers			
Base Layer Bottom		1	Synthetic, non-cotton. Medium weight. <i>(Example: Hot Chillys, Patagonia Capilene Lightweight/Midweight bottoms)</i> Note: a pair of synthetic leggings will work here!
Athletic Shorts		4	Synthetic, non-cotton. <i>(Example: Prana, Salomon, REI, Patagonia Baggies, Nike Runners, or similar athletic shorts.)</i>
Cycling Shorts		1-2	Synthetic, non-cotton shorts or half-tights. These are constructed with inner padding to make long bike rides more comfortable for the rider, and often include handy pockets. <i>(Example: Pearl Izumi, Nike, REI).</i>
Long Pants		1-2	Synthetic, non-cotton hiking pants. These are a great alternative to shorts in brushy times of hiking or cool desert nights. <i>REI has a great variety of these.</i>
Fleece Pants		1	*Optional Synthetic, non-cotton fleece pants. These are magical. <i>(Example: Hot Chillys, Patagonia)</i> Note: <i>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 base layer.
Bathing Suit		2	Bring something that you can be extremely active in. Note: <i>Your synthetic clothing acts as a great swimsuit in the moment! No string bikinis please!</i>
Underwear		6-8	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		1	Wool or fleece.
Hat or Cap		1	A baseball or wide-brimmed hat for sun protection.
Miscellaneous and Personal Items			
Gear	Borrow	#	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. These are not necessary if you do not wear any.
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: Please travel with all toiletries in your checked luggage with the exception of your toothbrush, toothpaste, and any personal medications.			
Miscellaneous			
Wallet		1	Bring your ID for the flight and also travel money
Bandana		2	These are excellent in a variety of ways. From sun protection to cleanliness.
Whistle		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 in your carry on if you're flying.</i>
Pack Towel		1	Synthetic, non-cotton. Absorbent and quick drying.
Large Ziploc Bags		5-10	These will be used for keeping items dry and organized in our river bags and duffels
Optional			
Gear	Borrow	#	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		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 your hiking shoes or boots. This will save space in your luggage and are probably the most important shoes to keep track of.
- In your Daypack:
 - Pack a change of clothes and your rain jacket.
 - Pack any medications you take and a toothbrush
 - Pack your Wallet and Money