

CLOTHING & EQUIPMENT LIST

SUMMER 2010



The following is a list of the clothing and equipment that are required for participating in **our expeditions in Maine & the Pacific Northwest**.

All items are required due to the varied climate we encounter and for the overall safety of the group. These items are also essential for your comfort. In most cases substitutes will not be adequate. Upon arrival we will make sure that each student has the appropriate clothing and equipment and will make arrangements for you to purchase any needed items that day.

BACKPACK: SUITABLE FOR 5-6 DAYS OF BACKPACKING. INTERNAL FRAME PACKS SHOULD BE NEAR 4500-6000 CUBIC INCHES OR 70-100 LITERS. EXTERNAL FRAME PACKS SHOULD AT LEAST 3500 CUBIC INCHES AND COME WITH GEAR STRAPS. IF POSSIBLE, WE RECOMMEND AN INTERNAL FRAME PACK FOR COMFORT. IF YOU ARE BUYING A NEW PACK, HAVE THE PACK ADJUSTED TO FIT YOU.

SLEEPING BAG – YOUR SLEEPING BAG SHOULD BE A MEDIUM WEIGHT MUMMY TYPE BAG. IT SHOULD BE **NO MORE THAN 3.5 POUNDS AND BE SMALL & COMPACT, NO LARGER THAN A SOCCER BALL WHEN IT IS IN IT'S STUFF SACK.** IT SHOULD HAVE A COMFORT RATING OF AROUND 35°F FOR TRIPS IN MAINE & 25°F FOR TRIPS IN PNW.

DUFFEL BAG - WILL ACT AS A STORAGE LOCKER FOR YOUR BELONGINGS THAT ARE LEFT BEHIND IN THE VAN OR TRAILER WHEN IN THE BACKCOUNTRY.

CLOTHING

ONE WEEK SUPPLY OF UNDERWEAR

SYNTHETIC LONG UNDERWEAR TOP AND BOTTOM (MEDIUM WEIGHT LONG SLEEVE, NOT COTTON – COTTON HAS NO INSULATING QUALITIES WHEN WET AND DOES NOT DRY QUICKLY)

1 SWIMSUIT (NYLON, FAST DRY TYPE)

2-3 PAIRS OF SHORTS (SYNTHETIC TO ALLOW QUICK DRYING)

1 PAIR LONG PANTS (NON-COTTON, OPTIONAL)

1 PAIR OF WARM WOOL OR FLEECE-TYPE PANTS (NON-COTTON, OPTIONAL IF YOU HAVE THE PROPER LONG UNDERWEAR & RAIN PANTS)

4-5 SHORT SLEEVE T-SHIRTS

1 LONG SLEEVE WOOL OR SYNTHETIC SHIRT

1 SET OF CLOTHES (TO KEEP CLEAN FOR TRAVEL DAYS & DINNER OUT)

1 HEAVY WOOL SWEATER OR POLAR FLEECE JACKET

RAIN GEAR TOPS AND BOTTOMS (SHOULD BE LIGHTWEIGHT & WATERPROOF – NOT JUST WATER-RESISTANT, BREATHABLE WATERPROOF IS NICE BUT NOT NECESSARY, WILL ALSO SERVE AS WINDPROOF LAYER, A DURABLE SET OF RAIN GEAR SUITABLE FOR BACKPACKING IS APPROPRIATE)

FLEECE OR WOOL HAT

BASEBALL HAT OR HAT WITH BRIM

GLOVES OR MITTENS (SYNTHETIC OR WOOL, OPTIONAL FOR MAINE)

HIKING BOOTS (MEDIUM WEIGHT WITH GOOD SUPPORT, ALL-LEATHER OR A SUPPORTIVE SYNTHETIC EXTERIOR, APPROPRIATE FOR ONE WEEK OF BACKPACKING ON MODERATE TERRAIN)

SANDALS (WHICH SECURE AROUND YOUR ANKLE, NOT FLIP-FLOPS)

3 PAIRS OF HIKING SOCKS (SYNTHETIC OR A COMBINATION OF WOOL SOCKS AND THIN SYNTHETIC LINERS, DO NOT BRING COTTON SOCKS)

All of this gear does not have to fit in your backpack since your duffel will serve as your locker while in the backcountry.

When meeting at the airport, wear your boots, check your backpack and duffel, and carry your sleeping bag – (in the event your luggage is lost). It is not necessary to buy all new clothing and equipment, many of the items can be bought used or borrowed. Keep in mind that extra stuff just gets in the way.

EQUIPMENT

SLEEPING PAD (LIGHTWEIGHT FOAM PAD OR THERMAREST TYPE PAD)

STRAPS FOR SECURING SLEEPING PAD TO PACK (IF NECESSARY)

WATERPROOF BACKPACK COVER (OR 2 HEAVY GARBAGE BAGS)

EXTRA NYLON STUFF SACK (12"X16" OR SO, FOR FOOD)

2 ONE QUART WATER BOTTLES

1 PAIR OF SUNGLASSES

1 QUICK DRYING TOWEL OR SWIM CHAMOIS

HEADLAMP OR LIGHTWEIGHT FLASHLIGHT W/ EXTRA BATTERIES

WHISTLE (FOR SAFETY REASONS)

SPOON

BOWL (LIGHTWEIGHT, NON BREAKABLE – APPROX. 6" DIAMETER)

SUN SCREEN

TOILETRIES: TOOTHBRUSH, SMALL TOOTHPASTE, LIP BALM, SOAP, NON-AEROSOL DEODORANT, SHAMPOO (IN UNBREAKABLE CONTAINER)

EXTRA GLASSES OR CONTACT LENSES

SUNGLASS STRAP OR THE LIKE IF YOU WEAR GLASSES

SOMETHING YOU JUST LIKE, BUT ISN'T TOO BIG

OPTIONAL ITEMS

GAITERS (SUGGESTED IF ON A TRIP IN THE PACIFIC NW)

BLISTER PREVENTION ITEMS (IF YOU THINK YOU MAY NEED IT, SECOND SKIN BLISTER PADS OR NU-SKIN WORK BEST)

INSECT REPELLANT

CAMERA, FILM **SMALL POCKET KNIFE**

STATIONARY, ENVELOPES & STAMPS

JOURNAL, WATCH, COMPASS

MUSICAL INSTRUMENT

CRAZY CREEK FOLDING CHAIR (OR THE LIKE)

Cell phones and other electronic devices will be collected on the first day and returned at the airport on the final day. You may bring a portable music device to be listened to on the plane ride, and it can be used in the van during travel days only if everyone can hear it. We do not allow the use of these devices because they can detract from the group experience and remove you from your group.

If you are looking for places to purchase gear – go to www.WilliwawAdventures.com/info.htm for more details and suggestions. You can also give us a call and we would be glad to help you. Look for an e-mail from us in the spring with suggestions on good quality reasonably priced Clothing & Equipment.

Where We Meet

Since there will be members of your group flying in from many different locations, we will be meeting at either Logan Airport in Boston (Maine) or Sea-Tac Airport in Seattle (Pacific Northwest). If you are flying, please try to arrive as early in the day as possible - before noon local time. Refer to the **Travel & Mail Stop Information** specific to your trip for more details. If you live or will already be in the area on this day, we will make arrangements to meet you at a central location in the airport. If flying, we will make every effort to be waiting at the gate, but due to heightened security it may not be until you depart the terminal and enter the baggage claim area. As the summer approaches, we will contact you to obtain your flight arrival information and/or to discuss a meeting time and place. If flying, please check with your airline to make sure that you are aware of any excess baggage or unaccompanied minor fees. If necessary, please make arrangements to pay for this on the return flight.

Proper Clothing & Equipment

All items are required due to the varied climate we encounter and for the overall safety of the group. In most cases substitutes will not be adequate. Upon arrival we will make sure that each student has the appropriate clothing and equipment and will make arrangements for you to purchase any needed items that day. Call us with any questions – **800.585.2523**.

Laundry & Showers

You will wash your clothes at least once during most trips. You provide the clothes and we provide everything else. We will make every effort to shower between our activities, which usually means one to three times each trip. There are often lots of opportunities to swim.

Food, Shelter and Traveling Between Activities

We plan, sometimes shop for, and cook our own food. All meals are well-balanced and include the types of food necessary to actively travel in the backcountry. We sleep in 3-4 person tents, aboard our sailboats or under the stars. Travel between activities is in one of our vans.

Phones, IPODS, etc.

Cell phones will be collected on the first day, after they are used to call home, and returned at the airport on the final day. Portable music devices will also be collected on the first day. You may bring a portable music device to be listened to **ONLY** on the plane ride, and it can be used in the van during travel days **ONLY** if everyone can hear it (if it can somehow be connected to the van's sound system). We do not allow the use of portable music devices, electronic games, DVD players, etc. because they can detract from the group experience and remove you from your group. Engaging in conversation with the other members of your group and experiencing your surroundings are important parts of the experience.

Communication

Details about the mail drops for your expedition will be sent out to you before your trip. If flying in, you will call home from the airport to confirm your arrival and instructors will be available to answer any questions your family may have. If you bring a cell phone, they will be collected by your instructor at the airport after calling home and returned at the end of the trip. During the trip phone time is often limited due to our tight schedule and remote location. We encourage you to speak to your family several times during the trip, and will make your cell phones available during designated times on transition days.

If participants need to be contacted in an emergency, call **800.585.2523**, and we can relay a message to them. Keep in mind that it may be several days before the message reaches them.

Your Instructors will contact your family in the event of a medical concern or personal problem. If there is a behavior or attitude problem parents will be contacted for help. A follow-up phone call will be made to report improvement or to arrange departure for an early dismissal. Participants who leave the trip for disciplinary reasons or voluntary withdrawal are not entitled to any tuition refund, and will be sent home at the family's expense.

Money & Identification

We will pay for food, all activities, laundry and showers. To cover personal expenses and gifts, no more than \$15-20 per week is recommended. A photo ID is often required when flying and is a good idea to carry, so if you have one of some sort, bring it along.