

**V27 NorCal 2005 SuperTrip
Pack List**

Wear in vans: Trip T-shirt

Sleeping

- Non-down, lightweight, 20 degree or better sleeping bag
- compressor bag or stuff sack - water resistant
- sleeping pad (no air mattress)
- small pillow (optional)
- Tent (shared)
- Ground cloth

Eating

- Mess kit (unbreakable: lipped plate or bowl, cup, fork & spoon or spork,)
- light stove (shared)
- light weight pot (shared)
- packable breakfast, lunch and dinner for 3 days

Uniform

- neckerchief w/neckerchief slide
- green uniform shirt
- gray pants

Clothing and Shoes

- 3 t-shirts - poly or poly blend (including trip shirt)
- poly or poly blend long sleeve shirt (light one to protect against sunburn)
- 1 or 2 fleeces or light wool sweaters
- windbreaker – waterproof
- pants (2 pairs) - easy wash, quick drying (not cotton), zip-off pants would be great
- shorts (2 pairs) - “ “ “
- underwear
- socks - 3 pr (one liner pr for hiking/backpacking)
- swimsuit (or use shorts or zip off pants)
- hiking shoes in good condition
- street shoes
- boat shoes or water sandals that will stay on your feet
- hat (preferably broad brimmed)
- paddling gloves

For Ice Arrest Class

- Stiff soled boots (could be hiking boots)
- Warm Jacket (waterproof or wear under windbreaker)
- Stocking cap or ear band
- Gloves (wool or waterproof)
- Water resistant pants
- Warm socks (wool or poly)

Utilities

- 50 ft of paraline
- trowel (shared?)
- flashlight with extra batteries & bulb

- watch or sundial - water resistant
- sunglasses with retention strap
- sunblock, sun protection for lips (see hip pack)
- insect repellent
- water bottle(s) - unbreakable (minimum 2 liter total capacity)
- 2 large trash bags
- small package of tissues
- 6 days worth of toilet paper in ziploc bag

Toiletries

- toothpaste
- toothbrush
- dental floss (if used)
- comb and/or brush
- shampoo
- soap
- deodorant
- razor (if needed)
- personal medications (including headache tablets, tums, etc.)
- TOWEL(s)
- Ladies: Bring pads and/or tampons if there is ANY chance you will need them

Hip pack (emergency kit)

- Band-Aids, antiseptic cream, ace bandage, moleskin,
- water purification tablets, sun screen, chap stick - preferably with sun protection,
- safety pins, lighter, extra shoe laces, compass, high intensity whistle,
- pocket knife, paper, pen or pencil, space blanket, signal mirror

Misc.

- Money - Used for some meals, snacks, souvenirs, fun stuff.
- Personal id - drivers license, student body id (good for student discounts?)

Optional

- small quantity of laundry soap (shared?)
- books, cards, travel games
- camera w/strap, film
- 2 meter radio if licensed (bring copy of license)

Everything is packed into a water resistant backpack you can carry. You should have a water resistant lightweight day pack/hip pack for hikes. Bring a trash bag or duffel bag for items left behind while backpacking or canoeing. Use another trash bag to line your backpack to get excellent water resistance (for the canoe trip)

Label Everything