

LIT Outtrip Gear List

The information below details gear you will need to make your backpack trip comfortable. Please read this information carefully.

Remember that night-time temperature might still drop below freezing on your trip so it is important to bring warm gear. Try checking with relatives or friends for items you do not have. Wool pants or shirts are often available from second hand clothing outlets at very inexpensive prices.

FABRICS

The clothing layers should consist of several different types of fabrics. *Cotton should be avoided* in cold conditions, as it absorbs and retains water and therefore will not keep you warm if it gets wet. Also, cotton can be difficult to dry. **Polypropylene or other hydrophobic synthetic fabrics** move the moisture (sweat) away from your body to the outside of the layer, reducing evaporative cooling and keeping you dry and comfortable.

Wool or synthetic pile/fleece fabrics don't absorb water so they keep you warm even if they get wet. Pile also dries very quickly. A wool sweater or pile jacket provides warmth on a chilly evening. **Nylon or Nylon/Cotton Wind shells** reduce convective heat loss. For rain gear, **coated nylon** is lightweight and works well. **Waterproof-breathable fabrics** are also possible but are expensive.

THE LAYERING SYSTEM

Combinations of these types of fabrics create a layering system. The purpose of a layering system is to be able to mix and match the layers of insulation to match the weather conditions and your activity level to maintain a comfortable body temperature without excess sweating (which can lead to heat loss).

Throughout the day you will need to layer up and layer down as conditions and activity levels change. Typically in the morning and evening when it is colder, you will need many layers on. The **inner layer** keeps the skin dry and comfortable. The **middle layer** provides some insulation and protection from the elements. The **outer layer** provides insulation. The **shell layer** protects you from the wind and rain. A waterproof rain jacket is essential in case of bad weather. The **head layer** is to reduce heat loss.

The **feet layer** is actually two layers. You should wear a lightweight synthetic liner sock against your foot which helps pass moisture away from your foot. On top of this you should wear a wool/nylon blend hiking sock. People wonder why you should wear two socks. Since wool doesn't absorb water it passes moisture from your foot outwards keeping your foot dryer. If your feet stay damp, they get wrinkled and are more prone to blisters. Having two sock layers means that your socks will slide against each other so that the friction from your boots is between the sock layers rather than against your skin (friction against the skin leads to blisters).

OUTTRIP GEAR LIST:

- Warm Sleeping Bag - a fleece liner with a lighter sleeping bag also works
- Closed cell sleeping pad - such as Ensolite, Evasote, or Therm-a-rest
- Long Underwear - 2 sets of tops and bottoms: 1 for sleeping, 1 for daytime
- Other layers of clothing - that can be combined in layers to keep you warm with changing temperatures (i.e. vest, wool sweater, etc.)
- Wool, pile or fleece pants - 1 pair - no jeans or sweats please - these absorb water
- Shorts - 1 pair
- Underwear - as needed
- Hat, sunglasses, bandana
- Wool socks - 2 pairs minimum
- Thin polypropylene socks - 2 pair
- Personal items - toothbrush, toothpaste, sunscreen, bug repellent, contact lenses solution - Only the essentials please
- Leak proof water bottle - 2L worth - Nalgene or Platypus containers are great
- Toque & mitts
- Swiss army knife or the equivalent pocket knife
- Sturdy hiking boots - waterproofed, have been worn before and broken in
- Rain jacket - no ponchos please
- Rain pants or wind pants
- Camera and film (optional)
- Pack with padded hip belt to carry gear in – 60 L
- Flashlight with new batteries
- Garbage Bags - 3 of them (for sleeping bag, a pack liner, pack cover)
- Bowl, cup, utensils
- Duct tape - wrap some tape around a pencil or water bottle, use for gear repairs or blisters
- (optional) Hiking or ski poles

If you have any questions about gear please contact Carrie Herbert at carrie@pioneer camps.ab.ca.