

### CMV PERSONAL GEAR LIST

Item	Qty.	Recommendations
<b>Clothing (upper body) – NO COTTON</b> - Ideally all layers should fit over one another		
T-Shirt	2	Lightweight synthetic quick-dry or merino wool
Base layer (top)	1	Mid-weight wool or synthetic underlayer top
Mid Layer (fleece, sweater, etc.)	1	Not too bulky
Athletic Shirt	1	Long sleeve with hood and SPF protection is a good idea
Puffy Jacket	1	Synthetic or down
Rain Jacket	1	A sturdy, roomy waterproof jacket with a hood
Sports Bra	2	Synthetic sports bra or a synthetic sports tank
<b>Clothing (lower body) – NO COTTON</b>		
Underwear	2	Breathable and quick-dry
Base layer (bottom)	1	Wool or synthetic mid-weight bottom layer (thermal style long johns)
Hiking Pant	1	Breathable lightweight nylon hiking pants; roomy enough to fit over base layer
Shorts	1	Breathable nylon hiking shorts, gym shorts also work
<i>Optional:</i>		
Rain Pants		Not required; some people like rain pants in conjunction with a rain jacket
Puffy or Fleece Pants		For added warmth at night and sleeping (probably not necessary in summer)
Hiking Shorts/Bathing Suit	1	Loose-fitting nylon athletic shorts. No cotton shorts please
<b>Feet/Footwear</b>		
Hiking Boots	1	Dan Baileys, Yellowstone Sporting Goods and REI have a good selection
Camp Shoes	1	Closed toe, something that can get wet (Crocs)
Hiking Socks	4	Wool preferred (Darn Tough, SmartWool, Costco also has a good option)
Sleep Socks	1	Warmest pair of socks
<b>Head/Hands</b>		
Sunglasses	1	Any quality sunglasses with dark lenses and 100% UV protection
Brimmed Sun Hat	1	To protect ears and face from the sun
Warm Hat	1	Beanie or skull cap for chilly nights
Neck Buff	1	For wind/sun protection and warmth

Bandana	1	
<b>Kitchen</b>		
Bowl	1	Plastic or Tupperware bowl. A screw-on lid is handy. 500ml plastic Nalgene bowls are popular
Spoon/Fork	1	One that fits inside your bowl is ideal.
Hot Drink Container	1	0.5 liter bottle – Baby Nalgene (16oz) works great
1 Liter Nalgene Water Bottle	2	You need to be able to carry 2 liters of water
<b>Toiletries</b>		
Toothbrush	1	Travel size
Toothpaste	1	Travel size
Sunscreen	1	A 3oz. tube or facestick, SPF 30 or greater
Chapstick	1	SPF 15 or greater
Brush/Comb		Small size preferred
Hand Sanitizer	1	2 oz. bottle is a good size for the outdoors
Glasses/Contacts		Bring a spare pair of glasses or lenses. Contact lens wearers should also bring a pair of glasses as backup
Menstrual Products		
Medications		Be sure you have enough for your entire course and travel days
<b>Camping – Items in blue/with an * are available on loan from CMV</b>		
Sleeping Bag*	1	Synthetic-filled bags: a bag with approximately 3 lbs of fill rated to 0°F.
Sleeping Pad*	1	Full-length closed cell foam pad or self-inflating to insulate/pad between the ground and your sleeping bag – i.e. Therm-a-Rest and Insulmat pads
Waterproof Compression Sack*	1	A sleeping bag stuff sack with straps to compress contents
Backpack*	1	Must have waist belt, 60-80 liters; 55 liters for those under 115 lbs
Headlamp* w/ Batteries	1	Must be compact and bright. Check the battery type and bring extras
Small Stuff Sack*	1	Small nylon or mesh sacks for organizing items
<b>Optional</b>		
Small Pillow	1	Inflatable pillows pack light; clothes or stuff sack also work
Hiking Poles	1	Ideally collapsable
Watch	1	A watch with an alarm is helpful
Dry Bag	1	Helps to organize your pack and keep things dry
Small Camp Towel	1	Quick drying

Cards/small game	1	
<b>Miscellaneous:</b>		
Journal/Notebook + Pen	1	A small, lightweight pad
Reading Book	1	Soft cover helps with weight