

W.I.L.D. Gear List

Dear W.I.L.D. Participants: Your W.I.L.D. experience will likely expose you to a variety of weather conditions, both at camp and in the wilderness. The equipment you bring will need to keep you comfortable, warm, and mostly dry for your adventures. If you bring everything on this list you will be amply supplied for your adventures at WILD. **Note: These items are in addition to your regular camp supplies.**

Remember, you don't need to spend tons of money on new gear and clothing. You probably already have many of the items listed here. Before you buy brand new equipment first try and borrow from family and friends. You can often find affordable gear at thrift and second hand stores. Sometimes campmor.com and sierratradingpost.com have cheap and closeout prices.

We do have a few things here at camp that we are happy to loan out, but please call ahead and ask what is available before you count on that option. If you have any questions, you can call (928) 445-3499 and ask for Tim.

HIKING BOOTS One pair of comfortable, sturdy, boots for hiking in. These should provide ankle support and have a rigid sole to protect you from rocky trails. Heavy Duty athletic shoes can work as well.

BACKPACK 1 pack. Rigid external frame or internal frame. External frames should have an "H" shape frame. Internal packs should have at least 3,000 cubic inches (4000 ci recommended) capacity and outside pockets. Whatever kind you bring, your backpack **MUST** have padded shoulder straps and a padded hip belt. *You can also borrow one from the W.I.L.D. program.*

DAY PACK 1 day pack with a minimum of 2,000 cubic inch capacity. Test your pack for its capacity to hold your lunch, two water bottles, extra clothes, rain gear, your, and other items you will want to keep on your person.

SLEEPING BAG 1 bag. A fiber-fill or down bag. **NO COTTON BAGS.** Your sleeping bag should be rated to 40 F. Remember, even in warm climates it can get cold at night. *You can also borrow one from the W.I.L.D. program.*

SLEEPING PAD 1 pad. Closed foam works well and won't deflate if punctures. *You can also borrow one from the W.I.L.D. program.*

CLOTHING

RAIN GEAR 1 rain jacket. **ABSOLUTELY NO PLASTIC.** Plastic tears easily and cannot be repaired. Coated ripstop nylon is recommended: it is light and relatively inexpensive.

WARM UPPER Fleece top, sweater, or sweatshirt not made of cotton.

SHIRTS 1 quick drying t-shirt. Non-cotton is best.

PANTS 1 pair of hiking pants. Quick drying, non-cotton.

SHORTS 1 pair hiking shorts.

- HIKING SOCKS** 1 pairs wool, capilene or polypro socks
- SUN HAT** 1 sun hat with a bill or brim to keep the sun off your face.
- SANDALS** To let your feet breath after a long day on the trail or in the kayak.
- SWIM SUIT** 1 swim suit.

PERSONAL ITEMS

- EATING UTENSILS** Metal, enamel or plastic plate or bowl, cup, spoon, and fork. Mark your name on each.
- FLASHLIGHT** 1 flashlight with extra batteries and bulb. Headlamps work GREAT!
- SUNGLASSES** 1 pair.
- TOILET KIT** Brush, comb, tooth brush, toothpaste, dental floss, tampons or pads. NO aerosol spray cans.
- SUNSCREEN** 1 bottle sun-block with SPF 30 or higher.
- WATER BOTTLES** 4 1-quart water bottles or canteens. Nalgene bottles are the best. Other heavy duty plastic or tin ones are ok. No glass bottles, or soda containers.
- Stuff Sacks** For stuffing your clothes in, before putting it in your backpack.