**Gear List**

**WMS Canyon Country Adventure**

### Upper Body
- long underwear top (synthetic or wool)
- long sleeve shirt for blocking sun (cotton or nylon)
- insulating layer(s) (heavy sweater, jacket, etc., synthetic)
- *waterproof rain/wind coat that fits over other layers, with hood
- cotton t-shirts (1-2)
- sports bra

### Lower Body
- underwear
- shorts with pockets
- long john bottoms (optional)
- *shell pants (loose fitting and offering sun/thorn protection—not blue jeans)
- *gaiters- to keep your legs happy in thorny brush (like modern day chaps!) (optional)

### Head
- warm hat (ski hat)
- bandana (to wipe sweat, cool head, grab pots, etc.)
- sun hat, baseball cap or other wide-brimmed hat

### Feet
- 2 pair of liner socks-thin, synthetic socks
- 2-3 pair of socks- medium to heavy duty, wool or synthetic
- hiking boots, light or medium weight with good ankle support
- closed-toe camp shoes (tennis shoes or water shoes), also used for stream fording/walking

### Personal Gear
- *large day pack, 2000 cubic inches or 30 liters, minimum
- *ski or trekking poles
- 2 quart/liter water bottles or water bladder (Camelback), 2 liter minimum
- plastic cup, bowl, and/or plate
- spoon/fork/knife-if they fit in your bowl it is convenient
- pocket knife
- *headlamp and extra batteries
- *sleeping pad
- *sleeping bag, rated to 20 degrees & stuff sack
- lighter and/or matches
- watch
- pen/pencil and small notebook

### Personal Maintenance Kit
- **personal 1st aid kit**
- sunblock (at least 30 spf)
- chapstick (at least 15 spf)
- toothbrush-toothpaste
- sunglasses
- tampons/pads-ziplock bags to carry them out
- contacts & solution and/or extra glasses

### Optional Gear
- swim suit
- stuff sacks and multiple sizes of zip locks (freezer bags best) to organize gear
- pee bandana for women—for better hygiene
- camera, extra batteries, and memory
- book, journal, field guides, writing instrument, binoculars, small musical instrument
- *crazy creek chair

*Items for rent
**See next page
Rental Rates for trip gear

<table>
<thead>
<tr>
<th>Item</th>
<th>Rate</th>
<th>Item</th>
<th>Rate</th>
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<tbody>
<tr>
<td>Internal frame pack</td>
<td>$35</td>
<td>Gaiters</td>
<td>$15</td>
</tr>
<tr>
<td>Trekking poles</td>
<td>$15</td>
<td>Sleeping bag and stuff sack</td>
<td>$35</td>
</tr>
<tr>
<td>Ensolite pad (sleeping pad)</td>
<td>$15</td>
<td>Crazy creek chair</td>
<td>$15</td>
</tr>
<tr>
<td>Windpants</td>
<td>$15</td>
<td>Gore-tex raincoat</td>
<td>$20</td>
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Group Gear (provided)

<table>
<thead>
<tr>
<th>Item</th>
<th>Details</th>
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<tbody>
<tr>
<td>Tents</td>
<td>(1 for every 2-4 people)</td>
</tr>
<tr>
<td>Stoves</td>
<td>(1 for every 4 person cook group &amp; 1 extra)</td>
</tr>
<tr>
<td>Pot, fry pan, spatula, dip cup, pot grip per cook group</td>
<td></td>
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<tr>
<td>Trowel (per 4 person cook group)</td>
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<tr>
<td>Repair kit</td>
<td></td>
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<tr>
<td>3 helmets</td>
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<tr>
<td>12 locking carabiners</td>
<td></td>
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<tr>
<td>2-3 small wood saws</td>
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**Suggested Personal First Aid Kit**

1. **Meds**
   a. Your personal medications ***Most Important!***
      i. Regular personal prescriptions and over the counter medicines
      ii. “Rescue meds” for chronic conditions. Examples:
             1. Albuterol inhaler and prednisone for asthma
             2. Epipen(s), benadryl, and prednisone for allergic reactions
             3. Antibiotics or antifungals if prone to UTIs or yeast infections
   b. Ibuprofen and or acetaminophen (like Advil or Tylenol) or similar analgesic
   c. Bismuth, TUMS – “stomach settler” of choice
   d. Imodium or similar
   e. Antihistamine of choice (loratidine e.g.)
   f. Acid reducer of choice (ranitidine, omaperazole, e.g)
   g. Decongestant of choice
   h. Triple antibiotic ointment
   i. Contact solution if applicable

2. **Non-Meds**
   a. Blister care – moleskin, second skin, blister band-aid of choice
   b. Tweezers
   c. Needle
   d. Duct tape
   e. Band-aids
   f. Gauze
   g. Alcohol pads
   h. Ace wrap or knee brace, if applicable
   i. Personal hand sanitizer