

MDCS Outdoor Ed. *Basic Personal Gear List*

The following list is based on the assumption that you will report to school wearing comfortable walking boots/shoes and dressed to hike in the current weather conditions.

Hiking Clothes

(All items MUST be packed in 1 gallon zip lock freezer bags to keep items dry.)

- 1 Set of Thermal Underwear/base layer (Mid-weight Polypro or Capilene preferred. AVOID cotton)
- 1 Fleece Vest or Jacket (optional if lows are over 40 – again avoid cotton)
- Waterproof Shell (rain jacket, Gortex or other breathable membrane jacket)
- Rain pants
- 1 Pair of Warm Gloves
- 1 Warm Hat
- 1-2 Pair of Wool Socks

The items above are necessary to ensure that your child does not become hypothermic. Students will not be allowed on the trip without them.

Trail Items (Use your best judgment on the zip locks for these items.)

- Small flashlight *or* Headlamp with extra batteries (headlamps preferred)
- 1 or 2 **32oz. Water Bottles! (Very important!)**
- Safety Whistle
- Drinking Cup or mug (non-ceramic - nothing breakable)
- Fork/Spoon or both
- Travel Size Toiletries
- 2-3 Extra zip lock bags for trash or misc. items

Bring the items below if you can. If not, the school has some to loan.

- Synthetic or Down “Stuffable” Sleeping Bag
- Lightweight compact sleeping pad (i.e. Therma-Rest, Big Agnes)

PLEASE NOTE:

- We reserve the right to “trail modify” your child’s clothing if it encumbers their ability to hike safely (i.e. excessively long pant legs may be cut to size to avoid tripping and falling).
- It may be tempting to pack more than what is listed above. ***Please resist the temptation!*** This list will get the job done wonderfully while avoiding the much weightier problem of having a super-heavy pack. You’d be amazed how quickly those extra ¼ pounds add up to a big burden.
- If you have any questions regarding this list, please do not hesitate to call me at 488-1222.