

HIKING CLOTHING AND EQUIPMENT LIST

YOUNG LIFE BEYOND MALIBU

We will be traveling in spectacular and rugged country where our lives will literally be dependent upon our gear. **The following list of clothing and equipment is essential for your health and safety.** The key to staying comfortable while on a trip is layering. For maximum comfort and minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. **The weather is unpredictable and each person needs to be prepared for varying conditions.**

Do not bring Cotton clothing for the mountains.

This list is the result of years of experience in the mountains in the Coastal Mountains of British Columbia and everything has a purpose. Please bring all of the **required clothing**.

To keep costs down we encourage you to borrow or shop at Thrift stores and shop sales as much as possible!

Keep in mind that everything must be carried on your back so watch the weight!!

REQUIRED CLOTHING AND EQUIPMENT

For the Mountains:

UPPER BODY LAYERS

- ___ 1 short sleeved moisture wicking t-shirt base layer (polypropylene/synthetic/wool)
- ___ 1 long sleeved moisture wicking t-shirt base layer (polypropylene/synthetic/wool)
- ___ 1 **light** wool sweater, fleece jacket, or a heavyweight polypropylene top
- ___ 1 **heavy** wool sweater, fleece jacket (mountaineering style)
- ___ **Crucial:** Rain jacket (hooded, waterproof, lightweight, breathable – good materials are Gore-tex, Patagonia H2No, Mountain Hardware Dry Q or coated nylon, **no** vinyl or plastic)
- ___ For Women; 1-2 moisture wicking sports bras

LOWER BODY LAYERS

- ___ Underwear. 2-3 Briefs or boxers must be synthetic (polypropylene/synthetic/wool)
- ___ 1 pair shorts - lightweight nylon with liner work well (not cotton)
- ___ 1 pair of moisture wicking long underwear bottoms (polypropylene/synthetic/wool)
- ___ 1 pair wool or fleece pants
- ___ **Crucial:** Rain pant (waterproof, lightweight, breathable – good materials are Gore-tex, Patagonia H2No, Mountain Hardware Dry Q or coated nylon, **no** vinyl or plastic)

HEAD and HAND LAYERS

- ___ 1 wool or fleece (NOT ACRYLIC) stocking hat
- ___ 1 baseball cap or sun visor
- ___ 1 pair wool or fleece gloves or mittens (or 2 lighter pair to layer)

FOOTWEAR

- ___ 3 pairs mid to heavy-weight wool socks
- ___ 1-2 pair sock liners: lightweight (polypropylene/synthetic/wool)
- ___ 1 pair of three-strap sandals (Tevax or Chacos) or a pair of old lightweight sneakers (Nylon runners are best because they are light and dry easily). Crocs are also a great option. No Flip Flops. These shoes are worn with socks in the evening.
- ___ **Boots** 1 pair of medium-weight, backpacking or light mountaineering boots. Boots are crucial! Need to provide good support for rugged off trail hiking with heavy packs. (tough, and durable)

Here are some boot features to look for:

- Constructed from full-grain leather , one piece upper or combination of nylon, Gore-Tex and leather
- A stiff sole that provides good traction, like a Vibram lugged sole
- ½ length shaft with in the sole to provide foot support and protection
- Ankle support! Trail running and below the ankle hiking boots are not acceptable.
- It is important to have good fitting footwear so take the time to be certain that your boots fit well! When fitting boots, wear two pairs of socks (1 liner, 1 heavy wool).

MISCELLANEOUS ITEMS

- ___ 1-3 bandannas (these are used for everything from washcloth to sweatband) (Cotton is Fine)
- ___ 1 Sunglasses (100% UV protection, side shields).
- ___ 1 Head lamp or **small** flashlight with extra batteries
- ___ 1 **small** Bible (pocket size, with Old Testament and Psalms)
- ___ Toilet items: Toothbrush and small toothpaste, a small bottle of biodegradable soap (for base camp only), contact lens supplies. For Women; female products, and wet wipes. You will pack these items out. You may want to store these in small Ziplock bags covered with duct tape to conceal contents. NO MAKEUP, DEODORANT, HAIR SPRAY, ETC.!
- ___ 1 small washcloth (a bandanna works fine)
- ___ 1-2 Water bottles (1 Liter)
- ___ 1 bottle of sun block and 1 Chap Stick, 25 SPF or greater
- ___ 1small bottle of insect repellent
- ___ 1 small bottle of hand sanitizer

Optional Equipment:

(These items are not essential)

- ___ 1 small pocket knife (NOT a big hunting knife)
- ___ 1 backpack - good quality and proper fit only (Volume equal to or greater than 5200ci or 80L)
- ___ 1 sleeping bag in stuff sack. Synthetic fill bags(e.g. Quallofil, Hollofil, Polarguard, etc) perform well in the variety of conditions that we encounter on trips. Ratings of 0 - 15 degree F rating.
- ___ Over mitts or ski gloves
- ___ Camera and batteries
- ___ Therma-rest pad or Ensolite closed cell or blue foam pad
- ___ Crazy Creek Chair or Therma-rest Chair Kit
- ___ 1 pair Polarguard or down booties
- ___ Small package of **second skin**, moleskin, mole foam, athletic tape or other foot protection
- ___ Gaiters
- ___ Trekking Poles

Provided from Beyond:

- ✓ Tents
- ✓ All cooking gear, stoves and fuel
- ✓ Water purification
- ✓ Group First Aid Kit + Foot Tape
- ✓ Climbing Equipment
- ✓ Bug nets

Available to borrow from Beyond:

- ✓ Backpacks
- ✓ Sleeping bags and liners
- ✓ Foam sleeping pads
- ✓ Gaiters
- ✓ Small NT bibles
- ✓ Water bottle

For Base Camp:

These are items that you will use in base camp and not taken into the mountains.

- ___ Bathing suit and T-shirt
- ___ 1 towel
- ___ Set of clean clothing that you can wear home. You will not take these with you on the trip