

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 1 st 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

Internal frame pack	\$35	Gaiters	\$15
Trekking poles	\$15	Sleeping bag and stuff sack	\$35
Ensolite pad (sleeping pad)	\$15	Crazy creek chair	\$15
Windpants	\$15	Gore-tex raincoat	\$20

Group Gear (provided)

Tents (1 for every 2-4 people)	Tarps (1 for every 4 person cook group)
Stoves (1 for every 4 person cook group & 1 extra)	Plastic tubs (1 for every 4 person cook group)
Pot, fry pan, spatula, dip cup, pot grip per cook group)	Stove repair kit
Trowel (per 4 person cook group)	First aid kit
Repair kit	100 and 50 feet 7 mm static lines
3 helmets	8 10-foot 1 inch webbings
12 locking carabiners	1-2 rolls duct tape
2-3 small wood saws	

**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, omeprazole, 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