

# HIKING CLOTHING AND EQUIPMENT LIST

YOUNG LIFE BEYOND MALIBU

The following list of clothing and equipment is essential for your health and safety. We will be traveling in spectacular and rugged country where our lives will literally be dependent upon our gear. **The weather is unpredictable and each person needs to be prepared for varying conditions.**

Where it says **WOOL**, bring wool or one of the acceptable alternatives. Wool insulates when wet and allows for ventilation due to its fiber structure. Good synthetic materials which are as effective as wool are **FLEECE** (some trade names include **Polartec** and **Synchilla**) and **POLYPROPYLENE** (other names are **Capilene** and **Polyester**). Feel free to substitute either or both of these for any wool item listed below. However, they are usually more expensive so don't go out and buy them unless you are planning to use them after Beyond. Other than these substitutions, please follow the clothing and equipment list as closely as possible. Make no other substitutions! This list is the result of years of experience in the mountains around Malibu and NW Coast Mountains and everything has a purpose. Please call us for further information regarding materials or equipment listed. We recommend a visit to an outdoor store to talk with knowledgeable people.

These items will be less costly if you:

1. Borrow as much as possible. Equipment is costly and unless you have hiked a lot you might be better off borrowing instead of buying what you may use very little later. Beyond is not the place to be fashion conscious.
2. Rent equipment from an outdoor or sporting goods store. Good boots may be rented reasonably at REI. Check for proper fit BEFORE leaving the store. If possible wear them and waterproof them before your Beyond trip.
3. Buy used gear. Some excellent resources are Army/Navy surplus stores, Goodwill, Value Village, Salvation Army and second-hand sporting goods stores (such as Second Ascent in Seattle).

***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 polypropylene/moisture wicking t-shirt
- \_\_\_ 1 polypropylene long sleeved underwear top
- \_\_\_ 1 **light** wool sweater, fleece jacket, or a heavyweight polypropylene top (or 2 lightweight polypropylene tops)
- \_\_\_ 1 **heavy** wool sweater, wool shirt, or a fleece jacket (mountaineering style)
- \_\_\_ 1 rain top: jacket, anorak, or cagoule with hood. As this is a crucial item, it is important that it be made either of coated nylon or of Gore-Tex (or equivalent) fabric. **Don't** bring vinyl (too heavy) or plastics (rip easily). Bring a coated nylon poncho only as a last resort.

### LOWER BODY LAYERS

- \_\_\_ 3-4 sets of underwear (running shorts can work great) (Suggestion for women: athletic/jog bras are the most comfortable to wear) (again, **not cotton**)
- \_\_\_ 1 pair shorts - lightweight nylon with liner work well (preferably not cotton)
- \_\_\_ 1 pair polypropylene or similar fabric (most comfortable) or lightweight wool (not cotton!) long underwear bottoms

- \_\_\_ 1 pair wool or fleece pants
- \_\_\_ 1 pair rain pants: again only coated nylon (recommended) or Gore-Tex.

### HEAD and HAND LAYERS

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

### FOOTWEAR

- \_\_\_ 3 pairs heavy wool socks
- \_\_\_ 1-2 pair sock liners: thin wool, polypropylene, or other synthetic (not cotton)
- \_\_\_ 1 pair of three-strap sandals (Tevas 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.
- \_\_\_ 1 pair mountain boots: We travel in rugged terrain, which requires mountain boots made with heavy gauge leather, and stiff Vibram soles. Waffle stompers will not be adequate! Your boots should be well broken in and **waterproofed** before you arrive. (Sometimes you can seal them at your rental supplier.) It is important to have good fitting footwear so take the time to be certain that your boots fit well! **They are the most critical item!** In the mountains, boots are both protection and support. Spend some time walking around in them at home. When fitting boots, wear two pairs of socks (1 light, 1 heavy wool). A boot must be long enough and have sufficient room: When laced snugly, the foot should not be cramped nor the toes hit the front of the boot when walking downhill. The heel should also fit comfortably into the heel of the boot so that there is no slipping while hiking. **If you do not own a pair of good boots we would suggest renting them rather than going out and purchasing an expensive pair**, especially if this is a first or second time hiking in the mountains. The fee is normally reasonable and the boots are broken in which may prevent some unnecessary blisters and expense.

### MISCELLANEOUS ITEMS

- \_\_\_ 1-3 bandannas (these are used for everything from washcloth to sweatband)
- \_\_\_ 1 pair sunglasses - the darker the better (100% UV protection). Side-shields are recommended (can be bought cheaply or made).
- \_\_\_ 1 head lamp or **small** flashlight with extra batteries
- \_\_\_ 1 **small** Bible (pocket size, with Old Testament and Psalms)
- \_\_\_ 1 small bottle of insect repellent
- \_\_\_ Toilet items: Toothbrush and small toothpaste, a small bottle of biodegradable soap (for base camp only), a small comb, female necessities, contact lens supplies, etc. You may want to store these in small plastic baggies. NO MAKEUP, DEODORANT, HAIR SPRAY, ETC.!
- \_\_\_ 1 small washcloth (a bandanna works fine)
- \_\_\_ 1 bottle of sun block and Chap Stick, 25 SPF or greater
- \_\_\_ 1-2 Water bottles (1 Liter)
- \_\_\_ 1 small bottle of hand sanitizer

For Base Camp:

Have this set of clothing ready to put on immediately upon arrival at base camp. As you may get wet, don't plan to take any of the items on your trip!

- \_\_\_ Bathing suit and T-shirt
- \_\_\_ 1 towel
- \_\_\_ Pair of sneakers, running shoes, or sport sandals that can take a soaking. (Remember these should not be the same pair that you are taking into the mountains.)

**For Returning Home:**

\_\_\_ Have one set of clean clothing that you can wear home. You will not take these with you on the trip.

**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. We recommend your sleeping bag be temperature rated between 0 – 25 degrees Fahrenheit. A bag with synthetic material such as Quallofil, Hollofil, Polarguard as insulation is far superior to down in the coastal climate. Don't bring down unless you can't get anything else. Even then, we may ask you to use one of ours in the mountains.
- \_\_\_ Over mitts or ski gloves
- \_\_\_ Camera and film
- \_\_\_ Ensolite closed cell or blue foam pad or Therma-rest pad
- \_\_\_ Crazy Creek Chair or Therma-rest Chair Kit
- \_\_\_ 1 pair Polarguard or down booties
- \_\_\_ Small package of **second skin**, moleskin, mole foam, or other foot protection
- \_\_\_ 1 roll of athletic tape (per group)
- \_\_\_ Gaiters
- \_\_\_ Trekking Poles

**BEYOND WILL PROVIDE:** All other necessary mountain gear and equipment (including tents, stoves, fuel, food, first aid supplies, eating utensils, climbing equipment, adhesive tape for foot protection, bug netting).

**BEYOND CAN PROVIDE:** Backpacks, sleeping bags, foam sleeping pads, short gaiters, small New Testaments and some water bottles. If you have these items, bring them.