ADELANTE 2027 GEAR LIST

The following guide will help you pack appropriately for this trip. A summarized list of required items is included at the end.

You'll be camping **"off-grid" for one week** with **no bathrooms, showers, or cell service.** Everything you need will be carried in your backpack, so **pack light, efficiently, and with intention.**

You do **not** need to bring cooking supplies—just a **mess kit** for eating.

We **HIGHLY recommend** watching YouTube videos on backpacking in the **Idaho Sawtooth Mountains** and how to build a backpacking kit. This will help you understand what to expect and pack successfully.

Questions while packing? Let us know—we're happy to help!

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1 pair of quality hiking shoes – COMFORT AND FIT – This is the most important consideration when choosing hiking footwear. Different people need different things in shoes (wide vs. narrow, arch support, etc.), so finding what makes your feet happy is critical.

- Types – Low hikers, mid weight hikers or light weight day trail shoes
- Brands – Merrell, Oboz, Keen, Nike, Danner, other Army Navy brand

1 pair of all sport water shoes or sport sandals for river, creek crossings, and down time at camp.

- Brands - Teva, Merrel, Keen, You don't need anything fancy here. As long as there is a good grip on the undersole. Search "Water Shoe" on amazon with plenty of cheap knock off brands for under $30

Clothing – Pants, shirts and skirts should be synthetic - suggestions are light wool/fleece for cool evenings/mornings and wicking type of fabrics for daytime heat while walking. Stay away from blue jeans and cotton as these materials keep moisture next to skin and take a long time to dry. A hat is essential to keep cool while walking in the sun. Temperatures will include upwards of high 90s near Bruneau Canyon, lows of 40 degrees during the nights in the Sawtooths, and 30s on Mount Borah. Layering is encouraged for the varying temperatures.

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- For both young ladies and young men - Modesty in dress and actions are principles that Adelante encourages the participants to think seriously about in the practical decisions you will make and carry out.
- For the young men - make sure to have pants for daily wear and serving Mass. We recommend lightweight athletic pants/sport tech pants.
- Young ladies - make sure to bring a lightweight, appropriate pair of pants, or lightweight breathable leggings under a skirt that will be comfortable and cool. This is for protection to your legs over the Sawtooth Mountains and Mount Borah.
- Kayak and White Water Rafting Clothing– appropriate for a water environment in mixed company.
- Suggestion for men: surfing shirt and shorts
- Suggestion for ladies: surfing top with skort bottom

Socks – A hiking sock is crucial to prevent blisters. A hiking sock, unlike a wimpy, stinky cotton sock, won't constantly rub against the back of your foot and provides significant protection against rubbing that your boot/shoe might cause.

- Types – 1) moisture wicking liners 2) light/mid weight moisture wicking 3) heavy weight/wool. One pair of each is a must.

- Brands - Smart wool, Cabela's, Columbia, REI, many off label brands
- Be generous with your socks that you pack. Change them EVERY DAY!

Underwear – If you're wearing shorts that have moisture-wicking underwear built into it, you can forgo the underwear. Wearing something between you and the fabric may be more comfortable and an even healthier way to catch the sweat. Typically, this would be a high-tech polyester that's light and smooth. Cotton underwear is ok for sleeping in if you are dry or when finished with exertion.

- Types - moisture wicking
- Brands - Under Armor, ExOfficio, Hanes
- Be generous with your underwear that you pack. Change them EVERY DAY!

Jackets – Must have qualities: Thermoregulation complements your body's biological processes to regulate temperature; Durability maintains its own efficacy given abrasive outdoor activities while protecting your body (e.g., from branches, rock, ice, etc.); Activity performance has features or styles (e.g., the way it fits or is cut) to help you perform better. You need two types of jackets to stay warm and dry in the outdoors when unexpected conditions and weather may present itself. Best to stay away from cotton hoodies or save the cotton hoodie for around the campfire when your body is dry.

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- Types – ***<u>One lighter fleece</u>*** or mid weight breathable synthetic jacket that is warm and can fit comfortably under your outer hard-shell jacket. ***<u>One hard shell jacket</u>*** that will protect you from rain, sleet, snow or wind.
- Brands – Columbia, North Face, Marmot and many off label inexpensive brands out there

<u>Note For Clothing</u>: pack at least 3-4 sets of clothing that you can make a variety of outfits with over the expedition. Expect to be wearing dirty clothes, you'll be in the rugged outdoors.

<u>Backpack</u> – Multi Day pack with sturdy shoulder and waist straps. Proper fit will ensure agile movements, less back pain and one less thing on your mind that may take you away from the intellectual stimulation at hand or the peaceful scenery reflecting the beauty of nature. Keeping in mind that as an expedition we are a team and will be required to carry extra gear for the group. Hence a proper fitting rucksack/backpack are essential. There's all kinds of videos on youtube about building a backpacking kit. Watch some.

- Types/Size - ***<u>If you are a light packer you may find a 45 Liter pack sufficient otherwise a 65 Liter would be the way to go and not much bigger.</u>***
- Brands – Osprey, North Face, REI Coop, Cabela's, Army/Navy and many alternative

<u>Sleeping bag and sleeping pad</u> – The outdoor weather conditions in the Sawtooths Wilderness area of Idaho in July historically has an average high of 80 degrees F during the day and the average low of 40 degrees F during the night. We will be spending the majority of the expedition in these conditions. Proper sleep at night will be helped with a 30 degree or lower sleeping bag and sufficient padding beneath you. Light weight, 5lbs or less for sleeping bags. Lightweight roll up sleeping pad.

- Brands for *sleeping bags* – Army Navy, REI Coop, Cabela's and other Coop outdoor used gear shops
- Brands for *sleeping pads* – Therm-a-rest, Sea to Summit, REI Coop

<u>Water bottles</u> – (2) 1 Liter sturdy water bottles

- Types - Nalgene 1 Liter sturdy plastic wide mouth water bottle
- Brands – Nalgene, hydro flask
- Camel Backs are a good option!

<u>Sunscreen/bug spray</u> – If you burn or have sensitive skin best to protect it.

- Types - SPF high quality
- Brands – Many at your local Walmart

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Head lamp- We will be hiking in the dark at times and this will be essential to have especially for the Mt Borah climb.

- Types – LED
- Brands – Black Diamond and many others found at any outdoor store including REI, Walmart.

Knife –For emergency or practicality it is best practice to have a small one.

- Types – convenient size appropriate to your skills
- Brands – Swiss Army, Leatherman
  (If you are not checking a bag, a pocket knife will be provided for you to use during the expedition.)

Mess Kit - Personal eating dish with spork and drinking cup/mug will suffice. Many options on amazon or sporting goods stores; keep it light, small, and simple.

Toiletry kit – When in the wilderness you will be expected to dig a cat hole where you will defecate and then cover the hole with dirt. You must pack out toilet paper (and feminine products) in a secure plastic bag, Ziplock bags work great.

- Toilet paper and/or wet wipes and about 5 or 6 Ziplock bags (One of these bags can be used as a "dry bag" for phone wallet and other water sensitive belongings)
- 1 Microfiber Towel – In the Sawtooths you will have the opportunity to bathe and clean. A microfibre towel is small and replaces a traditional cotton towel. ***There is no soap or shampoo*** allowed in the Sawtooth Wilderness area.
- Ear plugs – You may find yourself listening to the snoring of others as well as the sounds of nature at night.
- Mini Personal first aid kit. There will be a medical team with essential supplies however you may want to bring a personal first aid kit with blister care products. You could find such a kit at REI, Walmart, or grocery store. No need to bring too much here as the Adelante personnel have a large medical first aid kit.
  (NB There are medical providers present on the expedition who can treat for emergencies encountered in the backcountry with medications/treatments as well as the capability of arrangement to a medical facility via ambulance or helicopter.)
- Small package of Baby wipes can be helpful for facial & bodily cleansing on the go
- Pillow – Optional

Wrist Watch - for time awareness

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Optional - Hiking poles, backpacker water filtration purifier, and extra lager 1 Liter plus water bottle. These items are only optional and Adelante will supply them if you do not bring them.

All or some of these items can be purchased at an REI store, Walmart, Army Navy, Cabela's, used gear stores, consignment, and consignment outdoor store, sporting goods stores and online- Amazon.

Required items to be packed without descriptions;

- (3-4) sets of daily clothes
- (8) socks
- (8) underwear
- (1) lightweight fleece / mid layer jacket
- (1) hardshell jacket
- (1) Boots / hiking shoes
- (1) water shoes
- (1) sleeping bag
- (1) sleeping pad
- (1) mess kit
- (2) water bottles
- (2) toilet paper
- (6) gallon zip lock bags
- (1) microfiber towel
- (1) hat
- (1) headlamp
- (1) Several day backpack
- Personal Hygiene items
- Sunscreen and bug spray