

The Academy at SOAR GEAR LIST **YELLOWSTONE & SOUTHWEST**

PERSONAL CLOTHING:

- two expedition-weight polypropylene long underwear top and bottom
- two lightweight polypropylene long underwear top and bottom
- two pair of thick pile or fleece pants
- two thick pile fleece sweaters
- twelve pair thick wool or polypropylene socks
- four pair polypropylene sock liners
- one set Gortex (or similar waterproof material) pants and jacket storm gear
- two thick wool, pile or fleece hat
- two pair wool or pile or fleece gloves
- two pair of polypropylene glove liners
- one waterproof shell mitten structure
- two belts
- one sun/rain hat (a baseball cap is fine if your rain jacket has a hood)
- two pair quick dry shorts
- one pair quick dry/synthetic hiking pants
- two bathing suits
- seven sets of day to day clothes
- one set of work clothes (i.e. jeans, T-shirts, flannels, sweatshirts, etc.)
- ten pair underwear
- one balaclava (facial hat)
- one synthetic fill puffy winter jacket

FOOTWEAR:

- one pair waterproof leather or Gore Tex hiking boot with flexible unshanked sole
- one pair water shoes or Croc-type sandals (non-velcro), no flip-flops
- one pair running shoes

PERSONAL GEAR:

- one internal frame backpack (5,500 - 6,000 cubic inch **minimum** capacity)
- one zero degree or below Packable sleeping bag (It should also be synthetic with hollofill or quallofill material. Down and feather bags are **not** acceptable)
- one waterproof / breathable bivy sack (**Yellowstone and Southwest Semesters only**)
- one compression stuff sack for sleeping bag (make sure it fits the Sleeping bag and is durable)
- one sleeping pad (Ridge Rest or Therma Rest Standard pads are highly recommended)
- one bowl, one cup, one fork, one spoon (made of plastic or metal)
- three one quart large mouth water bottles (Nalgene is best)
- one laundry bag
- one watch with alarm
- sunglasses
- backpack rain cover
- sunscreen (SPF 15 or higher)
- whistle with lanyard to wear around neck
- small headlamp with a L.E. D. bulb/extra batteries
- parachute cord or small diameter nylon cord - 50 Feet
- one day pack with waist belt

The Academy at SOAR GEAR LIST YELLOWSTONE & SOUTHWEST (cont.)

PERSONAL HYGIENE NEEDS:

biodegradable soap
deodorant
two toothbrushes
toothpaste
two wash cloths
two bath towels
razors and shaving supplies, if needed

***No colognes, hairsprays, or mousses - they smell like food to animals

OPTIONAL ITEMS

Camera
Eye Glasses (Bring an extra pair if you wear prescription glasses) Bring protective case
Compact Binoculars
Field Guides
one pair Sorrel type winter boot– **(Yellowstone and Southwest Semesters only)** rubber bottom with leather upper and removable liners. Zero degree comfort rating or lower.
Snow goggles **(Yellowstone and Southwest Semesters only)**
Camp Chair (A Crazy Creek type chair or conversion kit for the rest pad is ideal)
IPODS, and laptops (These items will be handed in at the begin of the program, and used according to protocols)

ITEMS NOT TO BRING

1. Expensive jewelry
2. Excessive clothes or items not listed
3. Lighter or matches
4. Absolutely no tobacco, alcohol or illegal substances
5. Knife
6. Cell phone

RECOMMENDATIONS

Read the boot insert provided before purchasing a new pair of boots, and insure you have time to break them in before arriving. You may want to shop at a reputable outdoor store for the sleeping bag, backpack, and raingear, as these items are essential for success on the course. Please avoid bringing any items with you that are especially valuable or fragile.

Students should bring belongings in either their backpack and one duffel style bag, or a backpack and one suitcase style bag.