

Name _____

Basecamp _____

**Required Equipment List
Vista Spring Trip June 16, 17, 18, 2014**

The following equipment must be checked by VISTA's teachers in order for you to attend this adventure. (COTTON CLOTHING IS NOT ALLOWED-NO EXCEPTIONS!!!)

The equipment below is what should be in your pack. All of it is required and any additional items will add weight and take up space and should be avoided.

____ **Backpack (4000+ cubic inch) full harness and suspension system, padded straps and waist belt, and a sternum strap** (large enough to carry all of your required gear and approved for the trip by a teacher) *(can be borrowed from VISTA with parent-signed permission slip)*

____ **Garbage Bags (2)** used to line the inside of your pack and cover the outside to protect the contents from rain.

____ **Plastic Bags** – various sizes to waterproof the contents of your pack. Gallon and quart-size ziplock bags to protect individual items in your pack.

____ **Sleeping Bag (must be tightly rolled, well secured to your pack, and wrapped in two or three garbage bag layers.** *(can be borrowed from VISTA with parent-signed permission slip)*

____ **Sturdy Hiking Boots that are waterproof and have been broken in prior to the equipment check.** *(If you need to purchase new boots, a 20% discount is available for boots and socks)*

____ **Rain Jacket and Pants (No Ponchos) must be waterproof and must be approved by a teacher.** *(can be borrowed from VISTA with parent-signed permission slip)*

____ **(2) -Warm, Long sleeve Over layers** (wool sweaters or fleece jackets/pullovers) **NO COTTON** (Weather may be very cold and layers are needed)

____ **Wool or Fleece Ski Hat** (for cold temperatures) it has snowed in June and wind chills can be **ZERO** Degrees.

____ **Mittens or Winter Gloves (2 pr.)** should be warm enough for zero degrees-2 pairs for wet weather.

____ **Long Johns Bottoms (1 pr.) NO COTTON.** Must be synthetic/polyester type. Once cotton gets wet, it stays wet and will not keep you warm. *(can be borrowed from VISTA with signed paperwork)*

____ **Turtleneck (1)** must be synthetic/polyester type. **NO COTTON** *(can be borrowed from VISTA with signed paperwork)*

____ **T-shirt (2)** must be synthetic/polyester type. **NO COTTON** *(can be borrowed from VISTA with signed paperwork)*

____ **Socks (3 pr)** must be wool or synthetic/polyester type. **NO COTTON**

___ **Shorts (2 pr)** (Nylon is recommended – can be a 50/50 polyester-cotton blend)

___ **Extra pairs of Undergarments** (things get wet in the rain / you ladies and gentlemen know what they are and what you'll need)

___ **Lightweight Shoes for use at the Hut** (1 pr) the lightest pair of sneakers that you own.
(NO FLIP-FLOPS)

___ **Baseball Cap or Bucket Hat** for protection from the sun

___ **Bandana** (for a variety of uses)

___ **Flashlight with Extra Set of Batteries** (bring one that is lightweight and uses “AA” or “AAA” batteries if possible – the huts are not lighted at night. Headlamps are acceptable. **(No C or D batteries.)**)

___ **(2) Water bottles - 32oz. each / No Squirt Tops – NO GLASS!** Do not bring anything with straws or anything that doesn't seal completely. *(Camelbaks over 70oz. are permitted)*

___ **Hand Towel or Wash Cloth and Toiletries** (place towel or wash cloth in a ziplock bag) Only cold running water for washing up and brushing teeth. *Avoid bringing any perfumes or colognes as they will attract black flies and mosquitoes-unscented soap and anti-perspirants are highly recommended.*

___ **Personal Medications—If you take daily medication, the group leader must have written permission and directions for daily dosages while on the trip.**

___ **Sunscreen / Lip Balm** (when it's not snowing or raining, it is very sunny on the mountain) *Avoid any fruity or sweet scented lip balms as they attract black flies and mosquitoes.*

___ **Lunch/Snacks for the First Day** *(NO GLASS or metal and no soda)* Pack light things that can be snacked on – bagel sandwich, fruit, fresh veggies, and an energy bar. No large bags of trail mix!

___ **Nature Journal, colored pencils, mini sharpener, and 2-3 regular Pencils** (Place in a ziplock bag) Bring a **mini-sharpener.** *(We will do 4-5 observations and activities as it is an academic trip)*

****The huts provide pillows. No need to pack one. There are toilets at all of the huts, too.

ELECTRONIC GEAR (Cell Phones, MP3's, IPODS, GAMEBOYS, ETC.), WHISTLES, OR KNIVES, soap, shampoo, or make-up ARE NOT PERMITTED ON THE TRIP.

OPTIONAL GEAR YOU MAY BRING (THEY DO ADD WEIGHT.)

*binoculars

*camera