

# Expedition Equipment List

## Light on Foot Wilderness Backpacking

The following equipment (or equivalent replacement) is recommended for a summer expeditions with Lion's Ridge. If you have any questions or need assistance in determining the suitability of gear you may already own please feel free to call and ask for advice. When in doubt, bring it along and we will decide to pack it or leave it in our final preparations at Lion's Ridge basecamp. Remember, mountain weather can change from a hot and dry scorcher to a full force winter squall in a matter of hours. Please be thorough in preparing your equipment.

Upper Body Clothing			
Equipment	Quantity	Comments	Check List
Base Layer - Long or Short sleeve	1	Lightweight synthetic underwear top (Light Color is best!) (NO COTTON)	
Mid Layer - Fleece or synthetic long sleeve	1	Polartec 100-200 or equivalent, may be windblocking material	
Mid Layer 2 - Fleece or synthetic Vest	1*	For those who are typically cold a vest is a welcome addition	
Windshirt	1	Highly breathable Water resistant synthetic long sleeve	
Outer layer - Rain Jacket (Purchase at a Dri-Duck rain suit at LR for \$25)	1	Waterproof/Breathable jacket with hood that is roomy enough to fit over all layers. ie. Gore-Tex or DriDucks	
Baseball cap or hat with brim	1	Protection against sun and really messy hair!	
Wool or fleece hat (stocking cap)	1	A warm head makes for warm feet!	
Gloves	1	Light weight wool or synthetic gloves	
Lower Body Clothing			
Base Layer - Long underwear	1	Lightweight synthetic long underwear bottoms	
Synthetic Hiking Pants	1	Quick drying and breathable pants. Able to roll into shorts.	
Rain pants - Comes with the \$25 DriDuck suit	1	Waterproof/Breathable material for really rainy days!	
Briefs/Sports Bras	1 pair	Synthetic ONLY.	
Socks	3 pair	Wool or synthetic hiking socks	
Liner socks	2 pair*	Thin "wicking" socks made of synthetic material. Some get by without liners, but liners often help prevent blisters.	
Hiking Shoes	1 pair	Trail running/hiking shoe with significant cushion and support. MUST be broken in BEFORE your expedition. Wear them for at least 2 weeks prior to coming to Lion's Ridge.	
Gaiters	1 pair*	Short breathable gaiters keep dust out of your socks/shoes!	
* any asterisked item is optional as described in the comments section			

### What to bring for your time at Basecamp

Upon returning to basecamp you will need to have a change of clean street clothes and the necessary toiletries for your SHOWER!! Pack a towel, soap, shampoo, toothbrush, toothpaste, etc. Also bring the necessary clothes for your trip home.



Gear				
Equipment	Quantity	Rental Price	Comments	Check List
Expedition Backpack	1	Incl.	You may bring your own backpack if you would like.	<input checked="" type="checkbox"/>
Shelter	1	Incl.	A technical tarp!	<input checked="" type="checkbox"/>
Sleeping Bag	1	\$15	20 degree synthetic shell synthetic filled bag.	
Sleeping pad	1	Incl.	A closed cell foam pad 3/4 length is required.	<input checked="" type="checkbox"/>
Stuff sacks	2 or 3	Incl.	Small nylon or mesh sacks used for organizing your pack	<input checked="" type="checkbox"/>
Plastic Trash bags	2 or 3		Large (33 gallon) heavy duty plastic bags	
Bowl	1	Incl.	Small bowl with snap on lid! Disposable tupperware works great!	<input checked="" type="checkbox"/>
Spoon	1	Incl.	Lexan spoons are light and durable	<input checked="" type="checkbox"/>
Water Bottle	2		Quart sized bottles (ie wide mouth energy drink bottles)	
Contact lenses/Glasses	1		Bring all necessary contact cleaning items and a backup pair of glasses!	
Small Headlamp or Flashlight	1		Headlamps work great... BRING EXTRA BATTERIES	
Small knife	1*		Swiss Army type simple knife	
Watch	1*		With alarm!	
Sunglasses	1		Must be 100% UV shielded	
Sunscreen	1		SMALL bottle (6 oz) of SPF 30 or greater	
Lip Balm	1		SPF 15 or greater	
Insect repellent	1*		small bottle of NON-Aerosol Insect repellent (min 25% DEET)	
Toiletries/Medications	1		Toothbrush, small toothpaste, comb, brush, tampons, etc. DEODORANT WILL NOT GO ON THE TRAIL with us.	
Trekking poles	1 pair	Incl	For hiking and shelter construction.	<input checked="" type="checkbox"/>
Small Notebook and Pen	1		A small pad for journaling works great.	

What NOT to Bring				
MP3/CD players	0		Sorry guys... not for on the trail or in the tent	
Video Game systems	0		The point is to get AWAY from these things!	
Deoderant	0		Bears LOVE deoderant!	
Fireworks	0		Your stove is all the fire you get to play with	
ETC....	0		We'll let you know when you arrive	
* any asterisked item is optional as described in the comments section				

### What Lion's Ridge Provides

All of the following gear is provided for your expedition with Lion's Ridge. If you have any special equipment you would like to carry please inform your instructors and get approval before carrying it into the wilderness.

- Shelters, Stoves, Fuel / Fuel Bottles, Cooking Gear, Maps, Compasses, Reference Books
- Climbing Equipment ie. helmets, harnesses, ropes, climbing protection, etc (If applicable)
- First Aid Equipment, Equipment repair kits

Group equipment is provided as part of your Lion's Ridge expedition fee. Normal wear and tear is expected, but any gross misuse or irresponsible equipment care that results in damage may be billed to the student

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