

2017 ERBC Chilkoot Expedition

GEAR PACKING LIST

What to pack in your BIG backpack...

Select a 3500-4500 cubic inch (50-75 liters) external or internal frame backpack with adjustable shoulder straps, chest strap and padded hip belt that fits snug on hips and stuff the following items inside:

- Sleeping bag (synthetic only, NO Cotton or down, rated 20-40 degrees F).
- Compression stuff sack with straps to minimize the size of your sleeping bag.
- Sleeping pad (closed foam or self-inflating air) for insulation from the ground and comfort. (Opt for lighter weight/size pad if backpacking during camp.)
- Trekking poles (optional)
- Camp pillow (Optional.) A small inflatable or non-inflatable camp pillow purchased from an outdoor store is allowed (not a regular bed pillow.)
- Water shoes with straps, Teva style is good, No flip flops or Crocs. These are used almost daily during camp and are for getting wet and for all activities except backpacking.
- Lightweight hiking boots. Above ankle - no exceptions. These should be worn-in before you arrive.
- 1 pair low OR high gaiters
- 5 pairs medium weight wool blend trail-hiking socks. No cotton socks. Add an additional 2 pairs of synthetic, non-cotton liner socks if you like to layer your socks for blister prevention.
- 6 pair underwear.
- 1 warm thick synthetic fleece pant.
- 1 loose fitting non-cotton shorts.

- 1 non-cotton pant (no jeans). Quick-dry zip-off to shorts style "convertible" pants work great
 - 1 mid-weight long underwear bottom (base layer, NO cotton.)
 - 1 waterproof rain pant
 - 2 T-shirts (synthetic, NO cotton)
 - 1 mid-weight long underwear top (base layer, NO cotton.)
 - 2 sport bras.
 - 1 warm thick synthetic fleece jacket OR synthetic packable puffy coat.
 - 1 waterproof hooded rain jacket.
 - 1 brimmed hat for sun protection (baseball caps work fine.)
 - 1 beanie style warm hat for cold nights and mornings (merino wool blend or synthetic fleece, NO cotton.)
 - 1 light or mid-weight hand/glove liners for cold nights and mornings (NO cotton.)
 - 1 medium sized pack towel (synthetic, NO cotton, find at an outdoor store. A 12" x 30" size approx should be fine, go with one size larger if you like, smaller/lighter is better for backpacking trips.)
- What to pack in your LITTLE backpack...**
- Select a school-sized day-pack backpack with shoulder straps and pack the following items in it:
- 2 full outfits (underwear, socks, pants, shirt) to be used on our two non-trail days. It's nice to have clean dry clothes to change into after your first hot shower! These clothes will be left in the van and can be made of any material.
 - 1 medium sized pack towel (synthetic, NO cotton, find at an outdoor store. A 12" x 30" size approx should be fine, go with one size larger if you like, smaller/lighter is better for backpacking trips.)
 - 1 travel size Purell waterless hand sanitizers (alcohol based is best.)

Personal Toiletry Kit (include only travel size items): toothbrush, toothpaste, comb, sunscreen (minimum SPF 30), chap stick with sunscreen, insect repellent (no spray cans and we suggest 100% DEET products for short term use at camp. Feminine hygiene products, deodorant, small shampoo/conditioner and small bottle bio-degradable soap.

- 4 large Ziploc bags used for personal garbage and protecting things in case of rain.
- 2 heavy-duty yard-waste garbage bags used for lining backpacks in case of rain.
- 1 bandana.
- 1 small headlamp (or lightweight flashlight) with extra batteries.
- 1 pair sunglasses. (optional)
- 1 32 oz. BPA-free Nalgene wide-mouth loop-top water bottle with screw on lid used daily at camp.
- Eyeglasses or contacts if needed with solution.
- 1 reading book (Optional.)
- Camera with protective case, extra batteries, memory cards, or film. (Optional.)
- \$25-\$100 spending money (optional)

Ziploc #2 (labeled with camper initials) includes:

Medications. "Medication" is any substance a person takes to maintain and/or improve their health. This includes vitamins and natural remedies. Bring enough medication to last the entire time at camp. Medication brought to camp must be in original pharmacy containers with labels that show the campers name and how the medication should be given. If you are or think you may be severely allergic to bee/wasp stings or foods or plants that would require immediate medication, you are required to bring your own self-injecting Epi-pen. As a safety precaution, all medications (including aspirin) are collected at the start of the trip and administered as required or needed. Note for those bringing inhalers: two inhalers are required, one can be kept in the possession the camper with the prescription, the other will be kept in the possession of our camp staff.

Don't Bring:

- Personal music players
- Valuable items that may get lost, stolen or damaged (ERBC can not be held liable for loss, theft or damage of any items you bring to camp)
- Magazines, e-book readers and food, drinks, gum, candy, breath mints
- Medications or vitamins of any kind that are not listed on your Health Form
- MORE THAN WHAT IS ON THIS LIST

WHAT TO DO IF YOU DON'T HAVE THE GEAR ON THE LIST

If your family does not have all of the gear on the list, please, don't panic! We recommend borrowing from friends prior to camp and checking out local consignment and charity stores. The following is a list of resources we have used in the past to purchase lower cost gear items:

Second Wind Sports (consignment shop in Juneau)-

<http://www.secondwindsportsak.com/>

St. Vincent de Paul (charity shop in Juneau)- <http://svdpjuneau.org/>

Alaskan Dames (consignment shop in Juneau) - <http://www.alaskandames.com/>

Craigslist SE Alaska - <https://juneau.craigslist.org/>

Ebay - www.ebay.com

Sierra Trading Post - <http://www.sierratradingpost.com/>

Campmor - <https://www.campmor.com/>

REI Garage - <https://www.rei.com/rei-garage>

ERBC Wilderness Program has a limited amount of the items listed available to borrow with a refundable deposit of \$50. These items are available on a first come first serve basis and must be reserved at least one week prior to the start of Chilkoot Expedition Camp.

This is a friendly reminder that all gear items not marked ‘optional’ are in fact mandatory, with no exceptions. Families should go over the gear list together to ensure that each item is packed. It’s very important for campers to take ownership of their gear, know what it’s purpose is, and know where it is packed.