

BOW Expedition Gear Recommendations

REQUIRED CLOTHING & GEAR		
Amount needed	Item	Description
➤ 1	RAIN JACKET	Can be Gore-Tex or coated nylon. Make sure that the seams are taped or welded so they can't leak. This item needs to be waterproof, water resistant is not good enough. PVC material is not acceptable.
1-2	MIDWEIGHT FLEECE OR SWEATER	Polartec® fleece, or wool, or expedition-weight long underwear top. One top is used as a layer under raincoat while moving during the day (thinner). The other top is used for staying warm in camp at night (thicker). It's important to have both!
➤ 2-3	SYNTHETIC TEE SHIRT	Materials may be Capilene®, polypropylene or other synthetics; silk is less effective – NO COTTON, or COTTON BLEND.
➤ 2	SETS LONG UNDERWEAR	A set consists of a top and bottom. Materials may be Capilene®, polypropylene or other synthetics; silk is less effective – NO COTTON. The top can have a zip T-neck: a short zipper that lets you vent or close the neck. Also hooded or turtleneck varieties are useful. (Bryant Pond has polypropylene underwear available to borrow in some sizes)
➤ 1	RAIN PANTS/BIBS	Can be Gore-Tex® or coated nylon. Do not pack snow pants; they are too thick for hiking and you will overheat. You need to be able to adjust the layers under these pants. Styles with zipper-sides are helpful.
➤ 2	FLEECE PANTS	Polartec® fleece, or wool, or expedition-weight long underwear bottoms. One pair is used as a layer under rain pants while moving during the day (thinner). The other pair is used for staying warm in camp at night (thicker).
➤ 5	PAIRS OF SOCKS	Thick: wool or synthetic only. NO COTTON.
➤ 4	PAIRS OF LINER SOCKS	Thin, synthetic socks that can be layered under thick socks for additional warmth and blister protection. NO COTTON.
➤ 1	GAITERS	Large enough to fit over large winter boots and thick fleece pants.
➤ 1	WARM JACKET	Thickness = warmth: 300-weight Polartec® or the equivalent in wool or fleece. A full front zipper helps you vent and makes layering easier. Down "puffy coats" with hoods work great!
➤ 5	PAIRS UNDERWEAR	Synthetic fabrics work best, but cotton is okay.
➤ 2	SPORTS BRAS	Women: bring quick-drying synthetic bras.
➤ 2	PAIR LINER GLOVES	Thin, but not so tight that they restrict blood circulation.
➤ 1	Mid Weight Gloves	Fleece or other synthetic material
➤ 1	WINTER HAT	Should cover your ears when you pull it down; wool or synthetic only. Fur bomber hats are too hot for daytime movement.
➤ 1	NECK GAITER or BALACLAVA	Can be wool, fleece, or other synthetic material.

➤ 1	TOOTHBRUSH & PASTE	Small, trial-size toothpaste is plenty. Bring dental floss too!
➤ 1	SUNSCREEN	4-oz, minimum SPF 15, you could share with another group member.
➤	LIP BALM	Minimum SPF 15.
➤ 3-4	PLASTIC BAGS	Gallon-size Ziplock®-type with a closure for keeping things dry or separating wet items.

Base Camp Supplies

➤ 2-3	Clothing sets	For when you are around camp
➤	Toiletries	Pillow (Optional), towel, showering supplies, lightweight sleeping bag or sheet set (optional)
➤ 1	Base Camp Shoe	Sneakers, crocs or other lightweight shoe

REQUIRED EQUIPMENT:

Can also be borrowed from the Camp for a flat rate fee of \$40

➤ 1	TENT	Maximum size 3-4 person tent with rain fly and corner stakes
➤ 1	BACKPACK	6000 cubic-inch or larger internal frame backpack with plastic bag liner to help keep things dry and protected.
➤ 1	WINTER SLEEPING BAG	Mummy bag with synthetic fill (Polarguard®, Hollofil®, etc.). Down is not allowed; should be rated to -20°F.
➤ 1	SLEEPING PADS	Also one "air" pad and one closed-cell foam pad would be acceptable.
➤ 1	HEADLAMP & BATTERIES	Minimum three volts (two or more AA- or AAA-batteries). Bring two sets of alkaline batteries per week of course. See "Headlamp Information" note below.
➤ 2	TREKKING OR SKI POLES	Poles with baskets so they don't sink in the snow; can be fixed or adjustable-length. Bryant Pond has some sizes.
➤ 2	WATER BOTTLE	One liter capacity minimum, plastic, unbreakable
➤ 1	SUNGLASSES	Bring a strap to hold them on and a hard-sided case to protect them when you're not wearing them. VERY IMPORTANT!
➤ 1	SMALL STUFF SACK OR MESH BAG	This bag will help you to hold all of your equipment that requires batteries. These items need to be kept on your person for the charge to remain. This bag will help you to stay organized.

OPTIONAL GEAR / EQUIPMENT

➤ 1	CAMERA	We suggest that you bring an inexpensive camera. We will also carry a group camera and will be taking pictures to share.
➤ 2	STUFF SACKS	Made of coated nylon in different colors, these help you organize clothes and gear.
➤ 1	CAMP BOOTIES	Can be synthetic or down.