



# HIGH ADVENTURE TREK GUIDE

## EQUIPMENT RECOMMENDATIONS:

### Clothing

- (1) pair shorts- [Mens Renegade Short](#) ; [W Trekr Short 8"](#); [Boys Silver Ridge Short Columbia](#)
- (2) T-shirts [Mens Kuhl Tee](#); [Mens TNF Tee](#); [Mens Smartwool Merino 150](#)
- (1) pair of light weight pants (zip off preferred) -**REQUIRED FOR ATV PROGRAM and EQUESTERIAN PROGRAM**-[Mens Kuhl Renegade Convertible Pant](#); [Mens Prana Zion Convertible Pant](#) ; [Boys Kuhl Renegade Convertible Pant](#); [Womens Kuhl Horizn Convertible Pant](#)
- (1) Belt-[Arcade Belts](#)
- (2) pair of underwear-[Smartwool Exoficcio](#)
- (2) pair of lightweight hiking socks-[Smartwool Light Option](#) [Smartwool Medium Option](#) [Smartwool Heavy Option](#)
- (1) pair of well broken-in boots – **OVER THE ANKLE BOOTS REQUIRED FOR ATV** -[Womens Salomon X Ultra Mid GTX](#) [Mens Salomon X Ultra 3 Mid GTX](#) [Mens Danner Mountain 600](#) [Mens Oboz Bridger Mid](#)
- (1) light weight long sleeve shirt-**REQUIRED FOR ATV PROGRAM.** -[Mens Kuhl Influx Tee](#) [Mens Smartwool 150 wt Long Sleeve Tee](#) [Mens North Face Wander Long Sleeve Tee](#) [Women's North Face Wander Long Sleeve Tee](#)
- (1) Rain Jacket or rain gear-[Mens North Face Venture 2 Jacket](#) [Womens North Face Venture 2 Jacket](#)
- (1) Swimsuit-[Mens North Face Class V Short](#) [Womens Northface Class V Short](#) [Boys Patagonia Baggies](#) [Mens Patagonia Baggies](#) [Womens Patagonia Baggies](#)
- (1) Pair water / Closed toed shoes (for showers/ canoeing)- [Mens Keen Newport Sandals](#) [Womens Keen Venice Sandal](#) [Womens Astral Loyak Water Shoe](#) [Mens Astral Loyak Water Shoe](#)
- (1) Hat with brim [Outdoor Research Full Brim Sun Hat](#) [Patagonia Hat](#) [Kuhl Hat](#)

### Eating Utensils

- (1) Plastic bowl or large cup -[Sea to Summit X Bowl](#) [X-Meal Kit](#) [Sea to Summit Delta Camp Set](#)
- (1) Drinking Cup - [Sea to Summit Mug](#)
- Spoon - [Sea to Summit Spork](#) [Sea to Summit Delta Set](#) [Sea to Summit Titanium Set](#)
- (2) – (3) liter (32 oz) water bottles- **“NALGENE” style preferred – do not bring soft plastic water bottle (like you get at convenience store) -** [Nalgene](#) [Lifestraw Go](#)

### Personal Items

- (1) sleeping bag in waterproof sack or plastic\* or **sleeping bag liner**- [Nemo Disco Sleeping Bag](#) either 15 or 30 with option of [Reg](#) or [Long](#) [Womens Nemo Disco Sleeping Bag](#) with option of 15 or 30 degree with [reg](#) or [long option](#)
- (1) sleeping pad -[Nemo Mens Tensor Sleeping Pad](#) can choose length and insulated or non-insulated [Nemo Astro Sleeping Pad](#) \*Good Deal\*
- (1) pack cover- [Osprey Pack cover](#) choose size that fits pack
- (1) small towel-[Sea to Summit Pocket Towel](#) - Can choose size and color
- (1) toothbrush and toothpaste
- (1) Personal first aid kit (gold bond, band aids, moleskin-keep it simple) - [Moleskin First Aid Kit](#)
- (1) Pocketknife- [Benchmade Griptillian](#)
- (1) small flashlight with extra batteries-[Biolite Rechargeable Headlamp](#) [Solar Inflatable Lantern](#) [Nebo Poppy Lantern](#) [flashlight Combo](#)
- (1) watch -water proof or water resistant-[Freestyle Watches](#) tons of styles and color ways affordable and all waterproof
- (1) compass- [Silva Compass](#)
- (1) whistle- [Fox 40 whistles](#)
- (1) travel size bug spray/ sunscreen- **NO AEROSOL – PUMP SPRAY ONLY.**- [Sun Bum Sunscreen](#) \*we offer a wide range in store\*



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- (1) dry bag for canoeing only (not all treks canoe)- [Sea to Summit Dry Bag - Wide range of colors and sizes 20L is a good medium size](#)
- (1) Hiking Backpack w/ hip belt- 50-75L recommended. Please no "school" backpacks or packs w/o hip belts.

Check out backpacking ideas from Gearhead!

1. [Osprey Atmos 65](#) \*Trusty pack with all the bells and whistles also comes in a 50L
2. [Osprey Aether 65L](#) \* Another classic from osprey also comes in a 55L or 70L the plus versions have a removable day pack -cool\*
3. [Osprey Kestrel 68](#) \*made of *bomb proof materials* with built in rain fly. Also comes in 58L and 48L
4. [Osprey Talon 44](#) Lighter weight and thinner material so you have to be a little more conscious of what you're carrying. This is one for the crews that want to carry light loads without getting too technical.

## Provided by Crew

- Dining fly (lightweight/ backpacking dining fly) - optional
- (2) backpacking stove & fuel
- Water purification filters/ pumps or pills for emergency purposes only
- Additional spices for cooking (if desired)
- Additional snacks for crew (if desired)
- Waterproof matches or lighter
- Rope for hanging "bear bags"
- First Aid Kit
- Additional insect repellent/ sunscreen
- Small sewing kit/ equipment repair
- Trowel for cathole latrines- emergency use only
- (1) pair hot tongs
- Dry bags for canoeing for Crew gear
- Pots – at least (1) 3-quart pot per 6 people for cooking and (1) 3-quart pot per 6 people for washing
- roll of white toilet paper (in Ziploc bag)

## Equipment Provided by Base

- Food
- Limited amount of drybags
- Limited number of pots and pans
- Garbage bags

\*Light weight sleeping bags or **recommended cotton sleeping bag liners.**

\*Pack personal gear in zip lock bags or waterproof stuff sacks to keep dry and organized in your backpack

\*Note that tents are **not** required. Sleeping facilities will be made available. Hammocks are **encouraged** but not all sites have trees available for hammock camping. Good sleeping pad **recommended** – the beds provided **are not** padded.

## FEW FUN ITEMS

[ENO Hammock](#) ; [Helinox Chair](#); [BioLite Solar Panel](#) ; [Biolite Portable Battery Pack](#)  
[Chums Eyewear Retainers](#) ; [Patagonia Duffel Bag 55L](#) ; [Waterproof Case](#); [GoodR Sunglasses](#)



**LINKS ARE SUGGESTED ITEMS PROVIDED BY GEARHEAD. BE SURE TO LOOK FOR MORE GREAT GEAR FOR YOUR NEXT ADVENTURE AT:**  
**[HTTPS://WWW.GEARHEADOUTFITTERS.COM/](https://www.gearheadoutfitters.com/)**