

BACKPACKING WEEKEND

When selecting clothing, an important consideration is the material. Cotton clothing does not keep you warm if it is wet and it takes a very long time to dry. This can be desirable on a hot, sunny day but can mean hypothermia on a cool, cloudy, breezy day. Wool and synthetic fabrics dry quickly and will keep you warm, even if they are wet. Several layers of clothing made of these materials are best. This allows you to add or remove layers as your activity level and the temperature change throughout the day. If you do not have everything on the list we encourage you to borrow items from Carolina Outdoor Education's surplus clothing bin. We have rain gear and warm layers available. Make sure and let your Instructors know what you need at the pre-trip meeting.

*** - Indicates items available from Carolina Outdoor Education**

FOOTWEAR

Socks: 3 pairs. Must be heavy Ragg-type wool or synthetic.

Liner socks: 2 pair. Thin, synthetic "itchless" socks that wick moisture away from your skin and help protect your feet from blisters.

Camp shoes: 1 pair. Lightweight running shoes to wear around camp. Gives feet a break from hiking boots and protects campsite from excessive impact. No sandals, "Crocs", "Waldies" or open-toe shoes as they often result in foot injuries, which can be a serious problem on a backpacking trip.

***Gaiters:** 1 pair. Leggings worn over the top of the boot to keep out dirt, debris, rain, and snow.

Hiking boots: Should be lug soled and supportive. Be sure boots are waterproof or do it yourself with the waterproofer available at outdoor stores. Be sure boots are a proper fit, if you plan to buy boots before the trip read the following carefully:

- Shop for boots in the afternoon as your feet tend to swell during the day and this can affect fit. Most people's feet are not exactly the same size. Always fit your larger foot and compensate with an extra sock or insole if necessary.
- Hiking socks are thicker and should be worn when trying on boots. If you plan to hike in the winter you should allow enough room for an extra pair of socks.
- Start ½ size larger than your street shoe and slip your bare foot into the boot. Slide the foot forward in the boot until your toes touch. There should be ¾ to 1" between your heel and the back of the boot.
- Now with your sock combination and the boots laced snugly, walk around the store. Your heels should lift slightly off the bottom of the boot: no lift is too little, ½" or more is too much.
- Kick your toes against a solid surface like the floor two or three times. Your foot should be caught by the boot at the instep before your toes contact the front of the boot. If your toes hit on the first kick, the boot is probably too short. First try lacing the boots tighter, and then try a half size larger boot.
- Take your time and try several brands when purchasing boots. Make sure your feet are comfortable and you have the right size and width. Remember that every brand has its own fit and your salesperson may only be familiar with a few brands. "Breaking" boots in will not correct an improper fit.

CLOTHING

Sun/rain hat: Baseball or wide brimmed hat to block sun.

Warm hat: Wool or synthetic hat to keep you warm.

Bandanna: One cotton bandana for general personal hygiene.

Mittens: Wool or polypropylene. Mittens are much warmer than gloves.

Mitten shells: Nylon, water repellent over mitts.

Gloves: 1 pair. Thin gloves that will fit under mittens of wool or synthetic.

Upper body garments should consist of three insulation layers that will fit comfortably over each other, plus a windproof layer and a rainproof layer. Combinations of the following garments are acceptable:

Under layer: Lightweight or medium-weight wool or synthetic top.

Secondary layer: Medium-weight shirt or sweater of wool or synthetic.

Top layer: Heavy weight sweater or jacket of wool or synthetic.

***Rain parka:** Durable, waterproof parka roomy enough to fit over insulation layers. Ponchos are not acceptable.

T-shirt: One nylon or cotton lightweight long or short sleeve shirt.

Lower body garments should consist of two insulation layers, rain pants and wind pants; as well as a pair of hiking shorts.

Under layer: Lightweight or medium-weight wool or synthetic bottoms.

Secondary layer: Loose fitting pants made of wool or synthetic (WEATHER DEPENDENT)

***Rain pants:** Durable, waterproof pants roomy enough to fit over insulation layers.

Shorts: 1 pair. Nylon athletic or running shorts.

Underwear: Bring underwear to meet your needs

MISCELLANEOUS PERSONAL GEAR

Sunglasses: 1 pair. Wrap around styles are helpful in windy conditions, especially for those wearing contacts.

Eating utensils: 1 each of durable spoon, bowl, and insulated mug.

***Water Bottles:** 2 bottles, 1 quart each. Wide mouth bottles are easier to fill in the backcountry.

Lip balm: 1 each. Sunburn protection is desirable.

Sunscreen: 1 small bottle or share with someone. SPF of 15 or higher is recommended.

Insect Repellent: Non-aerosol. Please do not bring products containing DEET as it melts nylon equipment.

Toiletries: Toothbrush, toothpaste, comb, soap(biodegradable), tampons. Bring enough for your needs.

*** Headlamp:** A small, lightweight headlamp. Bring extra batteries.

Glasses or contacts: Bring an extra pair of corrective lenses and whatever you need to take care of them.
i.e. mirror, saline solution

Please remember that mountain weather is often much more dramatic than the weather in Chapel Hill. Forecasts rarely include the highest ranges in the area or the many microclimates within a region. You have a responsibility to the rest of the group to prepare yourself properly for any weather we may encounter. If you have any questions or concerns please contact your Instructors or David Yeargan at the Outdoor Education Center - 843-3233 or e-mail, dyeargan@email.unc.edu.