

STEVENSON

Sophomore Wilderness Expedition 2019-2020 Equipment List

- Internal frame backpack (**for women must be at least 4500 cubic inches/75 liters and for men must be at least 5000 cubic inches/85 liters**). Any pack smaller than these will not be suitable for the Expedition. 70 liter packs are too small.
- Sleeping bag and stuff sack (rated to 15 °F or colder) – NO DOWN FILLED BAGS, PLEASE!
- Closed cell foam or inflatable pad (provides ground insulation)
- Sturdy hiking boots (see website information on “Criteria for Good Boots” on the Expedition section of the School website)
- Closed-toed shoes (for stream crossings and camp shoes – NO Texas, AquaSox, or open-toed shoes/sandals)
- 2 water bottles (wide-mouth, quart/liter size); a Camelbak, or a comparable hydration system may be substituted for one of the water bottles but not both
- 1 Cup & 1 Lexan spoon (unbreakable)
- 1 Small plastic bowl or Tupperware (sandwich size is large enough)
- 1 Lexan or plastic knife (no pocket knives)
- 1 Headlamp with extra batteries
- 1 Safety whistle
- 3 large **heavy duty** garbage bags to keep clothing dry
- Waterproof rain jacket and rain pants that are seam-sealed (no plastic) and do not have a fabric liner.
- Heavy, synthetic warm pants (heavier layer, 1 pair, **no cotton or cotton blend**)
- Heavy, synthetic warm jacket (heavier layer, 1 pair, **no cotton or cotton blend**)
- Synthetic sweater (medium layer, **no cotton or cotton blend**)
- Synthetic long sleeve shirt (lighter layer, **no cotton or cotton blend**)
- Synthetic, warm “ski” hat (**no cotton or cotton blend**)
- Synthetic gloves or mittens (1-2 pairs, **no cotton or cotton blend**)
- Synthetic hiking socks (4 pairs, **no cotton or cotton blend**)
- Synthetic, lightweight liner socks (2 pair – polypro recommended – **no cotton or cotton blend**)
- Long underwear top and bottom (capilene or other synthetic material recommended – **no cotton or cotton blend**)
- Lightweight hiking pants (NO JEANS – nylon “wind” pants are suitable and recommended, **no cotton or cotton blend**)
- Shorts (lacrosse-type or nylon – **no cotton or cotton blend**)
- Synthetic T-shirts (1 or 2 – **no cotton or cotton blend**)
- Bandana (1 or 2)
- Underwear (3 pairs – boxer shorts preferred to prevent chafing for boys)
- Swim suit (shorts work for boys)
- Small notebook with extra pens or pencils
- Personal essential items (such as comb, toothbrush, toothpaste, tampons, etc.)
- Sunglasses (100% UV protection)
- Brimmed cap
- Sunscreen (small tube - extra is supplied by the school)
- Gaiters (worn around the ankles up to knees to keep snow and dirt out of boots; knee high)
- OPTIONAL ITEMS: small camera, backpack rain cover, trekking poles, lightweight camp chair.

Local Boot and Equipment Providers

Red Wing Shoes – Monterey, CA
Outdoor World – Monterey, CA

Treadmill – Carmel Crossroads (synthetic clothing)
REI – Marina, CA