

# Individual Packing List

Please go through the entire packing list and make sure that you have all of the required equipment. This will help to make the entire trip more pleasant and fun for everyone. Suggested equipment is not necessary but can help make participants more comfortable.

Any item specifically noted as wool can be substituted with Polypropylene or polar fleece. In the outdoors it is important to minimize the amount of cotton in your clothing. Cotton tends to be dangerous when working in outdoor environments. It has a tendency to hold moisture without drying quickly, and can easily drain a person's body heat if chilled. Down filled clothing and sleeping bags also have the same dangers.

Just because we are traveling in the summer time does not mean that the weather is always going to be warm. It is very possible, especially at the higher elevation camps, to have cold and wet days. It has been known to even snow at higher altitudes in the middle of summer.

Please no candy, caffeine, walkmans, or video games. Each rider can bring CD's that we will put into the truck disc player for everyone to listen to. Participants can bring DVD's to watch as long as they are an appropriate rating for all of the group participants.

Please make sure to label all items. Any items that are not claimed by the end of the year will be donated. For ease of packing in the trailer it is best to have all personal gear in soft sided bags.

The required items are crucial to have packed for the safety and comfort of each person. If you have questions or need help with equipment selection please email or call.

**FOOTWEAR** – All shoes and boots should be already broken in, and at least one pair should be waterproof.

## **REQUIRED**

- Riding boots (minimum 1/4" heel)
- Hiking boots/shoes (sole needs to be appropriate for the terrain)
- Extra laces (should fit your tallest boot)

## **SUGGESTED**

- Water shoes/sandals (necessary for going in the water. Teva)
- \_\_\_\_\_

## **OPTIONAL**

- Flip flops (great for bathroom runs and taking showers)
- \_\_\_\_\_

**CLOTHING** – Bring a pair of socks and underwear (tops/bottoms) for each day. Laundry may be available depending on trip itinerary. Please DO NOT pack spaghetti strap tops, halter tops, or midriff shirts. Plan on packing one pair of thermal underwear and wool socks in a waterproof bag. The waterproof bag can be a Ziploc Storage bag, extra strength garbage bag, waterproof stuff sack, etc.

**REQUIRED**

- Socks (At least one pair of Fleece or Wool socks. Smartwool)
- Underwear (top/bottoms)
- Wicking long underwear (top/bottoms)
- Riding pants (Jeans work well, even though they're cotton. Make sure the pants are comfortable, and long enough on your leg that they don't end up around your knees. Wranglers)
- Short-sleeved shirt(s)
- Long sleeve shirt(s)
- Fleece jacket or wool sweat shirt (please no pull over jackets or sweaters. This has proven to be a hazard when riders have to remove layers, but cannot do so with a helmet on.)

**SUGGESTED**

- Quick-drying swimsuit
- Pajamas
- \_\_\_\_\_

**OPTIONAL**

- Bandanna
- \_\_\_\_\_

**OUTERWEAR** – Each participant should have at least one pair of each item below.

**REQUIRED**

- Gloves/mittens (fleece or wool)
- Rainwear (top/bottoms) – Sizing needs to be comfortable even when wearing insulated clothing underneath the raingear.
- Warm jacket
- Warm hat (fleece or wool)
- Equestrian helmet (ASTM/SEI approved)

**SUGGESTED**

- Warm pants (fleece or wool)
- \_\_\_\_\_

**OPTIONAL**

- Wide-brimmed rain/sun hat
- Riding gloves
- Riding slicker – slickers are available that have a slit up the front and back that allows you to sit a saddle and still stay dry.
- \_\_\_\_\_

**SUPPLIES**

**REQUIRED**

- Water bottle (Two work well, Nalgene)
- Flashlight/headlamp with spare batteries and bulb (Petzl Zipka Plus)
- Folding pocket knife
- Sleeping pad
- Winter weight sleeping bag in waterproof stuff sack
- Compass (with signal mirror)
- Plastic garbage bags
- Resealable plastic bag (Ziploc)

**SUGGESTED**

- Wrist watch w/ hands (used in survival training)
- Compression sack (Seattle Sports makes a great waterproof sack)

- Camera, film, and spare batteries
- Multi-tool (Leatherman)
- Saddle Bags, Cante bags, or Horn bags
- \_\_\_\_\_

**OPTIONAL**

- Chaps
- Travel games
- Sunglasses
- Alarm clock (wind up or new batteries)
- \_\_\_\_\_

**PERSONAL**

**REQUIRED**

- Photo ID
- Deodorant
- Toothbrush
- Toothpaste
- Prescription medications – Must have noted on the medical forms, and turn in meds to a staff member.
- Lip balm (with sun protection)
- Sunscreen (Waterproof and/or sweatproof)
- Bug spray (load up on Vitamin B and Garlic before the trip)

**SUGGESTED**

- Brush/Comb
- Biodegradable soap
- Shampoo
- Towel
- Feminine hygiene products
- Money (personal snacks, postcards, gifts, etc)
- \_\_\_\_\_

**OPTIONAL**

- Dental floss
- Wax for braces (if needed)
- Pillow
- Hand lotion
- \_\_\_\_\_

**EMERGENCY** – Back packs or saddle bags are a great way to keep all of your emergency gear clean, organized, and close at hand. Fanny packs should not be worn while riding

**REQUIRED**

- High energy food (hard candy, energy bars, etc.)
- Storm proof matches or lighter
- Fire starter
- Signaling whistle
- Duct tape (small roll)
- Water purification tablets or Filter
- Garbage bags

**SUGGESTED**

- Notepad and pencil (waterproof paper is great. REI)
- Emergency shelter (5x7 tarp. Plastic tube tent, or Space Blanket)

- 30' – 50' nylon cord
- Hand warmer(s)
- Sierra cup (metal cup with foldable handle)
- \_\_\_\_\_

**OPTIONAL**

- Playing Cards
- \_\_\_\_\_

**FIRST AID KIT**

**REQUIRED**

- Band-Aids (Assortment of sizes. Tegaderm, Nexcare)
- Antibiotic Ointment (Neosporin w/ pain relief)
- Topical Antihistamine (Benadryl Spray, Caladryl, Sting-eze)
- Antihistamine (include something that you approve of your child taking and you know works for them. Benadryl)
- Antacid (include something that you approve of your child taking and you know works for them)
- Ibuprofen (include something that you approve of your child taking and you know works for them)
- Electrolytes (Emergen-C)
- Alcohol Wipe Packets
- Adhesive Bandages
- 2"x2" Sterile gauze compresses
- Non-stick gauze pads
- Moleskin
- Scissors
- Safety Pins

**SUGGESTED**

- Kling gauze – 1 roll, 2 inch
- Tape – 1-2 inch. Plastic or hypoallergenic
- Vet wrap or Coban
- Triangular bandage
- Release
- Arnica Montana (30cc)
- Ace Bandage
- Athletic Tape
- Tweezers
- Needle
- Anti Bacterial Wipes
- Antibacterial Soap
- Vinyl gloves (some people are allergic to latex)
- \_\_\_\_\_

**OPTIONAL**

- \_\_\_\_\_