

ESCI FIELD CAMP

John McLaughlin

Personal Equipment List

If you purchase everything on this list new from an outdoor retailer, you may spend a small fortune. Most suitable clothing can be obtained inexpensively from thrift shops, clearance sales, or military surplus stores. Spend your money instead on quality footwear, pack, and raingear. If you do not own some of the expensive items (e.g., backpack, tent, sleeping bag), consider renting, borrowing, or using the ESCI gear locker (in development). The WWU Outdoor Center rents gear at reasonable prices: <https://as.wvu.edu/recreation/outdoor/rentals/>

If you have questions about gear, please ask the instructor.

Backpack – Waist belt must be sturdy, padded, and well-fitting, so that most of the pack's weight can be carried on your hips.

Sleeping_Bag – synthetic fill preferred over down. Mummy style strongly recommended. Should be rated to 0°C.

Sleeping Pad – Should extend from shoulders to at least your knees. More important for insulation than comfort.

Tent – Light weight and storm-proof. Free-standing models recommended. A quality tarp should serve well if you know how to rig it.

CLOTHING

Rain jacket or anorak – Is it still waterproof? Test it in the shower.

Rain pants

Insulating jacket or sweater – wool, fleece, or other synthetic fabric. No cotton.

Shirt (long sleeve) – wool, silk, or synthetic. No cotton.

T-shirt

Pants – wool, nylon, or other synthetic. No cotton.

Tights or long underwear bottoms – not cotton.

Underwear – avoid cotton.

Socks, including extra pairs – not cotton.

Hat – wool, pile, or other warm synthetic. Should cover your ears.

Gloves or mittens – wool or synthetic.

Bandanas (2) – for sun protection, bandage, towel, bathing suit, pot holder, patches, flag, or substitute Teddy Bear. Much too valuable to blow your nose on. (from Crandall Bay, WS)

Study footwear – closed toe; no sandals.

“THE TEN ESSENTIALS” – bring these on all short or long hikes.

Knife (small folding models preferred)

Map (will be provided) and Compass

Water/bottle

Headlamp or flashlight, with extra batteries

Matches (in waterproof container)

First aid kit – small; there will be larger course kits.

Sun protection – sunglasses, sunscreen.

Trail food

Extra clothing – including hat; not cotton.

Whistle

FOOD AND EATING

- Bowl or plate
- Spoon and/or fork
- Cup/mug (hot liquids)
- Stuff sack lined with plastic bag suitable for hanging food. (also provided as group gear)

MISCELLANEOUS

- Hand sanitizer, personal bottle – carry at all times
- Daypack, summit pack, or large lumbar pack – for hikes away from camp
- Journal and writing implements
- Toothbrush, floss, other toiletries
- Toilet paper (and plastic bag for used paper, if away from outhouse)
- Menstrual supplies: see [moon cycle kit](#) or [backcountry menstrual care](#)

RECOMMENDED ITEMS

- Field guides
- Binoculars
- Ruler
- Gaiters
- Rope/p-cord
- Light shoes for camp
- Ground Cloth or footprint – sturdy plastic or nylon, for tent or tarp
- Pack Cover – waterproof; buy one, make one, or get by with heavy plastic garbage bag
- River gear: dry bag, wet suit, paddle jacket, booties, gloves (many items will be provided)
- Watch

OPTIONAL ITEMS

- Camera
- Candle
- Hand lens
- Sewing/repair kit
- Personal camp stove (group stoves provided)
- Bear canister, for storing food

GROUP GEAR (PROVIDED)

- Group tarps
- Water filters
- Stoves and fuel
- Cooking pots, ladle, and large spoons
- Bear bags (some; feel free to bring your own), bear ropes
- Satellite phone

DO NOT BRING

- Alcohol or drugs, including marijuana. Possessing or using alcohol or drugs is prohibited, as per WWU policy. The policy also applies to field trips away from campus.