

ESCI FIELD CAMP

John McLaughlin

Personal Equipment List: River Trip

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.

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.

RIVER CLOTHING AND GEAR

Rain jacket or paddling jacket (or provided, see below)

Long sleeve base layer; no cotton

Mid-weight shirt or jacket; no cotton

Long underwear bottoms, no cotton

Bathing suit

Warm hat: wool or fleece

Baseball cap or sun visor, to fit under helmet

Gloves: neoprene recommended; no cotton

Watershoes or running shoes; no open-toe models

Socks: neoprene recommended; no cotton (or provided, see below)

Strap for sunglasses or prescription glasses

Small dry bag, for accessible items during day

Carabiner for waterbottle or small dry bag; locking models preferred

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 and shorts

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 – personal; 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
- Cup/mug (hot liquids)
- Reusable shopping bag or stuff sack lined with plastic bag

MISCELLANEOUS

- Hand sanitizer, personal bottle
- Daypack, summit pack, or large lumbar pack – for hikes away from camp
- Journal and writing implements
- Toothbrush, floss, other toiletries
- Menstrual supplies: see [moon cycle kit](#) or [backcountry menstrual care](#)
- Waterproof stuff sacks

RECOMMENDED ITEMS

- Drybag; also will be provided by outfitter
- Field guides
- Binoculars
- Ruler
- Gaiters
- Rope/p-cord
- Light shoes for camp
- Ground Cloth or footprint – sturdy plastic or nylon, for tent or tarp
- Watch

OPTIONAL ITEMS

- Camera
- Hand lens
- Sewing/repair kit

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.

PERSONAL GEAR (PROVIDED)

- Dry bag for personal gear (110L size) (rented)
- PFD (rented)
- Whistle, for PFD
- Helmet
- Wetsuit
- Paddling jacket
- Wetsocks

GROUP GEAR (PROVIDED)

- Rafts and associated gear (rented)
- River rescue kits
- Expedition first aid kits
- Group tarps
- Kitchen gear (tables, stove, fuel, pots, implements, spoons&forks, DOs, dishwashing system)
- Handwashing systems
- Water jugs
- Water filters
- Lanterns
- Firepan, fire blanket, saw, shovel
- Ash container
- Toilet system
- Satellite phone