



PACKLIST: ADVENTURE LEVEL 3

Adventure Level 3 involves up to five overnight camping days in the backcountry. Items may be added to this list as needs arise, depending on expedition location.

Required Clothing (Mountain weather can be unpredictable, especially in high elevations. Students should prepare for all seasons. This doesn't mean one needs to bring a winter coat. It only means that students should bring layers that can be added or removed depending on temperature.)

- Underwear
- Swimsuit
- Ballcap/hat to block sun
- Several pairs of socks (preferably not cotton)
- Pocket/Cargo Shorts (for warm days)
- Hiking Shoes (boots or trail shoes—Be sure to break shoes in a month before to avoid blisters. Shoes may get dirty/wet when hiking/wildlife tracking off trail)
- Comfortable Footwear (sandals, crocs and/or gym shoes)
- Long pants (jeans, khakis, athletic pants/sweats)—for warmth and sagebrush
- A pair of long johns/under armor leggings/fitted tops (for sitting by campfires)
- Long sleeved shirts (so you can dress in layers—non-cotton is preferable)
- Sweatshirt (hoody)
- Parka/windbreaker/light ski jacket (something for wind/rain)
- Winter hat (in case it is chilly around campfire)
- Gloves/Mittens (in case it is chilly around campfire)
- Scarf (if you wear them)
- A small blanket/towel to sit on or keep legs warm around fire.
- 2 or 3 Outfits for free time (sightseeing, evening dinners, etc)



All other items provided.

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Required Gear (We provide important items that are typically expensive, like camp stoves, water purifiers, cookware, and bear spray. And, each year, we manage to find enough tents for the group. However, certain items are the responsibility of each student, like backpacks, bedrolls and sleeping bags. If you do not have these items, there may be friends who are willing to let you borrow them. Also, some of this gear is optional, but recommended. Having these items will make for a more enjoyable experience. However, certain items can be shared. So, before you purchase anything, check with Dr. Leon to see if it is necessary.)

- Identification (XU, State Driver's License/ID Card, Passport)
- Money (for one meal/day and souvenirs)
- A Small back pack/book bag to carry clothing, gear, course journal, snacks/beverage during light dayhiking days (this is also good carry-on luggage)
- Sun block (for lips, face and body)
- Lotion for dry skin
- Sun glasses (sun is bright at high elevations)
- Personal Hygiene products (toilet paper, towlettes provided)
- Any preferred snacks not provided (specific energy bars, candy bars, gum, etc.)
- Nalgene Bottle (about 32 oz bottle to keep hydrated in high altitude climate).
- Required medicines/allergens (please let us know about pertinent allergies. If you carry an epi-pen due to risks of anaphylactic shock, we need to know where you keep it).
- Cell phones: You will only be able to use them while traveling or during breaks. Keep them tucked away during class! Please note that we will likely be out of service in many areas (a fact of wilderness). So please do not "plan" on being in contact with people readily. We do not want them to worry unnecessarily.



- Camera or Binoculars (optional, binoculars will be available)

Required Gear (Continued)

- Personal supply of bug spray
- Hiking backpack (for 2/3 nights; required—see Dr. Leon if you don't have one)
- Bedroll (required for body insulation)
- Sleeping bag (rated to 20 degrees F)
- Campstove (this is not necessary, as some are provided. If you do have one, and want to bring one, please note that fuel is not permitted on airplanes so you will need to let Dr. Leon know about the type of stove you have. Keep in mind that propane-type camp stoves are unreliable in high altitude climates)
- Water purifier (this is not necessary, as some are provided. If you do have one, feel free to bring it).
- Cookware: (this is not necessary, as some are provided. If you do have light, camping cookware, feel free to bring it.)
- Bear pepper spray (this will be provided and it is not permitted on airplanes.
- light blanket (recommended)
- cigarette lighter (recommended)
- headlamp or small flashlight (recommended)
- A light, thin bag for dirty camping clothes
- A small first aid kit (these are available in most department stores and are generally inexpensive. It is not necessary, but it might be good to have one for bandages or ibuprofen if you are prone to blistering or headaches, etc).

All other items will be provided and/or shared among the group