Clothing and Equipment List

Old Town Academy Joshua Tree National Park-October 16-18, 2013

This equipment list is a comprehensive list of individual equipment required for your trip Joshua Tree National Park. Every item on the list might be needed at some point during your course; other items might not, it will be dependant on the weather conditions. Clothing on the list is to be layered, a method of controlling body temperature by wearing multiple thin garments that can be added to or taken away, depending upon changes in activity level and environment. Average temperatures for Joshua Tree in mid-October typically range from mid-high 70's-80's during the day and drop into mid-high 60's in the evening.

Problems with Cotton? The basic premise of layering systems is that if you stay dry, you stay warm. Damp clothing literally pulls the heat away from your skin. Cotton soaks up body perspiration and holds it next to your skin. Once cotton gets wet, it can be colder than having no layer at all. The alternatives to cotton are wool or synthetic fabrics. For the insulation layers (i.e. long underwear) on this list, the fabrics that are commonly used are wool, or the following synthetic fabrics: **Polypropylene, Capilene, Thermax, Polartec, Synchilla, or Pile.**

Many outdoor shops rent and sell some of the items on this list. If you are unable to locate a store in your area, which will rent clothing and equipment, please contact the faculty member who is coordinating the trip or Erin McCann, Outdoor Education Coordinator of Positive Adventures-erin@positiveadventures.com

Positive Adventures has sleeping bags/pads available for rental and trucker hats available to purchase for sun protection/camp memento. To set up rental/purchase please contact Erin@positiveadventures.com.

- Sleeping Bag=$18.00 per trip
- Sleeping Pad=$10.00 per trip
- Sleeping Bag/Pad Combo=$25.00 per trip
- PA Trucker Hat=$10.00-available in black, green, hot pink, red, light pink, royal blue, red/white/blue

We also suggest the following retail stores for purchase or rental of the equipment on this list: Recreational Equipment Incorporated (REI), Adventure-16 (A-16), Sports Chalet, Army Navy Store, Big 5 Sporting Goods and Oshman's.

NOTE: It is important that the students know what clothing and gear they have with them on this course. To this end, including them in the packing phase of their journey will familiarize them with any new gear you have purchased and help ensure they return home with what they brought.

BRING EVERYTHING ON THIS LIST!

FOOTWEAR

❑	2	Socks: Short wool or synthetic socks
❑	1 pr	Socks: Cotton
❑	1 pr	Light-weight Hiking Boots or Sturdy Shoes: These shoes should have good ankle support.

UPPER BODY CLOTHING

❑	1	Mid Weight Underwear Top: Insulation layer will be fitted as first layer next to the skin
❑	2	Long-sleeved, light hiking shirt: SPF shirts are best, but this should be something to wear while hiking, to protect you from the sun. So it should be light-weight, but should also provide coverage.
❑	1	Synthetic Pullover or Wool Sweater
❑	1	Warm Coat

❑	1	Rain Jacket or Poncho: Should fit comfortably over all layers
❑	2	T-shirts: to sleep in, wear in the evenings as layer

LOWER BODY CLOTHING

❑	1	Mid weight Underwear Bottoms: (for sleeping & layering)
❑	1	Sweat pants
❑	1	Lightweight hiking pants (zip-off shorts style is ideal) or loose fitting pants
❑	1	Shorts
❑		Underwear-as many as you see fit

HAND AND HEAD COVERINGS

❑	1 pr	Gloves or Mittens: Wool or synthetic fabric
❑	1	Hat: Wool or synthetic fabric
❑	1	Baseball Cap or Sun Visor
❑	1	Sunglasses
❑	2	Bandannas (at least!)

EQUIPMENT

❑	1	Day Pack: Essential for day hikes, large enough to carry 2 water bottles, rain jacket, journal, sweater, sunscreen, lip balm, warm Hat, sun hat, sunglasses, mittens or gloves, bandanna, and lunch
❑	1	Duffel Bag: To bring your clothes in
❑	1	Sleeping Bag: Mummy type, rated to 15° F
❑	1	Ensolite or Therma-rest sleeping pad
❑	1	Ground sheet: Plastic or nylon (approx. 6▪ X 3▪)
❑	1 ea.	Toothbrush and Paste
❑	1	Lip Balm (i.e. chapstick, blistex) Should have sunscreen
❑	1	Sunscreen: With SPF of at least 30
❑	1	Flashlight
❑	1	Journal or Notebook
❑	2	Pencils
❑	1 ea.	Cup (for hot chocolate), Rounded Plate/Bowl, Spoon and Fork
❑	2	Water Bottles: At least 1 quart capacity each (see pic for example)



MEDICATIONS

Pack any medications that your child is currently taking/will need to take while on program.

❑ **If you marked any history of asthma on your child's medical form, they must bring two, brand new inhalers, still in the box with them on program.**

OPTIONAL ITEMS:

❑	Extra glasses
❑	Extra batteries
❑	Camera
❑	Binoculars
❑	Musical Instrument (portable, non-electric, and one you already know how to play!)

DO NOT BRING: food or candy, electronic devices of any kind (Ipods, cell phones, video games), or weapons