2018 OA Packing List

This is the list of equipment that individuals are responsible for bringing on the trip. All of the equipment on the list is required for a safe and fun outdoor experience. If you have questions about the adequacy of your gear, or problems getting the right gear, please contact us (oa@ou.edu). We expect you to show up in Norman with all of the following equipment. If you arrive without items or with inadequate equipment, you will have to purchase suitable equipment in Norman. You will be asked to leave any additional items behind (i.e., jeans, knives, etc...). Please bring this list with you when you come to check in. You must have all of your equipment before you leave on the trip. If you have any questions about equipment, get in touch with us.

Notes on Individual Gear

- It’s summer, but that means it’s the rainy season in New Mexico. We’ll be at elevation, so it’ll be really cold. Bring warm layers
- Staying warm and dry on the trails is a principal concern not only to have a good time but to be safe. Being cold and wet is not fun and can be unsafe.
- Absolutely no cotton or denim! Cotton/denim holds water, fails to insulate when wet, and does not dry quickly. These fabrics are dangerous in cold environments.
- To stay warm and dry, place clothing items in sturdy, brand-name ziplock bags or high quality waterproof bivy bags available at most outdoor stores. Cheap ziplock bags often break and pop open when put in an active wilderness environment.
- It’s recommended that you have a separate ziplock/dry bag that you can put all of your smellables (toothbrush, sunscreen, bowl, etc)

You may feel the need to bring everything you might possibly need on the trail with you. Resist that urge. It’s certainly good to be prepared, but an ounce at base camp is a pound on the trail - be prepared to carry everything you bring, plus crew gear and food.

What we recommend you bring:

Basic Equipment

- Backpack with frame, shoulder straps and padded hip belt. Make sure the pack fits well and that all straps and zippers are in working order.
  - External ~80+ L and bring sleeping bag straps / cord to hold your sleeping bag onto the pack
  - Internal ~60+ Liters.
- Pack cover*
- Sleeping Bag* (rated to keep you warm at 20°F or colder)
- Sleeping Bag Stuff Sack*
- Sleeping Pad*
- Hiking boots
- Sandals (Tevas, Chacos, Crocs, etc.) - No flip-flops!
- Lash Straps (2)

* Can be rented from OU upon arrival for free - although you MUST tell us ahead of time

Hiking boots may be the most important piece of equipment on this list, these can make or break an enjoyable hike, therefore, please bring a properly fitting pair, and break them in before you get here. I understand these can be very expensive new, so try on a pair at a local outdoor store to see what size to wear (while wearing a hiking sock), then feel free to find a better deal. Choose a reputable and reliable brand (Salomon, Lowa, Merrell, Vasque, etc.). Make sure your boots have good ankle support and are breathable - you don’t want your feet getting too hot.

Sleeping pads are vital for both warmth and comfort - these aren’t optional.

Sleeping bags should be synthetic and highly packable. They can also be paired with a liner to greatly improve temperature rating if you’re worried your bag may not be warm enough.

Sandals are intended for water crossings and walking around camp.
Clothing (Synthetic/wool highly recommended)
  ● 1-3 Shirts (1 short sleeve and 1 long sleeve recommended)
  ● 1-2 Shorts or Zip-offs
  ● 2-4 Pairs of Wool hiking socks
  ● 1-3 Pairs of underwear (cotton OK)
  ● Long underwear (top and bottoms - it gets cold!)
  ● Jacket/Sweater
  ● Rain jacket (Waterproof) - shower in it to check
  ● Rain pants (Waterproof)
  ● Sun hat (full brim recommended, baseball OK)
  ● Beanie and gloves
  ● Neck scarf/bandana- optional

Clothes take a lot of space, so take what you need and nothing more. Synthetic clothing sources (polyester, fleece, nylon) are best for hiking - remember athletic wear is often synthetic. Like boots, hiking socks can make or break a trip, don’t skimp here. For jackets, it’s often best to bring two, so that you can layer - I like to bring one light one and one puffy jacket (like a light patagonia). Other guides like warm fleece jackets, paired with a base layer and a rain jacket as a wind breaker.

Other
  ● Unbreakable bowl (lick clean works well)
  ● Unbreakable Spoon/Spork
  ● Water bottles/Hydration Bladder (Bottles: Nalgene, Klean Kanteen, etc. - wide mouth recommended. Bladders: Camelbak, MSR, etc.)
    ○ 4 L total capacity minimum
  ● Headlamp
  ● Sunglasses (make sure they have UV protection)
  ● Compass
  ● Whistle
  ● Duct tape (wrap around pen or nalgene to save space)
  ● 2 trash bags
  ● Sunscreen (SPF 35 or so)
  ● Lip balm (without scent, with sun protection preferred)
  ● Toothbrush and paste (travel size recommended)
  ● Personal First aid kit (band aids, prescription/allergy medicine, moleskin, etc.)
  ● Dry bags (Ziplocs work well, just ensure sturdiness)
  ● Feminine Hygiene

Notes: Folding/collapsible bowls save space and are highly recommended. Plastic spoons can and likely will break, if you bring one, bring two. For water, a combination system is recommended, 2 liter bottles and a 2 liter camelbak works great. Headlamps let you see and work with your hands most brands work fine. Sunglasses are also underappreciated, without these you can become fatigued much faster.

Optional
  ● Camera (many use phone)
  ● Insect repellent (non-aerosol)
  ● Hand Sanitizer
  ● Unscented Wet Wipes (highly recommended)
  ● Towel (hand/washcloth size - bandanas can double as this)
  ● Earphones/book/bus ride entertainment
  ● Carabiners
  ● Bandana / Buff
  ● Crazy Creek / backpacking chair - remember you will have to carry it

Notes: Insect Repellent is rarely used. Consider a small portable battery bank for phone if you do plan on taking pictures with it.
What your Guide is taking

Basics
- Backpack - Internal Frame 70 Liters
- Pack cover
- Sleeping Bag (15º F) and stuff sack
- Sleeping pad
- Vasque Hiking boots
- 4 Nylon Lash Straps

Notes: I strap my sleeping bag (2 lash straps) to the outside of my pack because it is to big to fit inside. It is better to have a bag that can collapse to fit inside your pack. I wear mid-ankle support hiking boots just to be safe, I’ve never had ankle issues, quite the opposite: I would say my ankles are rather sturdy but the backcountry is not the place to leave things to chance.

Clothes
- 2 Synthetic Short sleeve shirts (Nike style) (excessive)
- 1 Synthetic Long sleeve shirt
- 1 Synthetic shorts
- 4 Pairs Wool Hiking socks
- 2 Synthetic underwear (Nike compression shorts) (excessive)
- Ski thermals (top and bottoms)
- Fleece Quarter Zip
- Waterproof Rain Jacket
- Waterproof Pants
- Full brim hat
- Beanie and Synthetic water resistant gloves
- 3 Neck scarfs (Buffs)

Notes: This is where I experiment the most, I try to minimize change of clothes. However, I never mess with socks. I try to minimize sun-to-skin contact, hence the Buffs and full brim hat. All the clothes I have listed pack and compress down very tightly, keep that in mind while deciding what to bring. I also don’t bring anything bigger than a fleece jacket because I can add layers closer to my skin to increase insulation - if you tend to get cold easily, bring more. Many guides bring a puffy jacket that can compress down.

Other
- Folding Bowl (folds flat, easy to clean)
- Metal Spork
- Two 1L Nalgene, One 3L Camelbak
- Headlamp
- UV protective sunglasses
- Compass
- Whistle
- 5 feet duct tape
- 1 trash bag
- Sunscreen Spray (SPF 35) - non aerosol
- Chapstick (unscented, UV protection)
- Toothbrush and paste
- Personal First Aid (Ibuprofen, Zyrtec, Band-Aids, Alcohol wipes, moleskin, athletic tape)
- Dry bags (for clothes and organization inside pack)
- Small pack wet wipes
- Hand Sanitizer

Notes: Flat folding takes no space in bag, metal spork won't break. 1L nalgene for breaks, 3L Camelbak for intermittent sipping. 5 feet has served me well, never needed more than 3, but don’t want to be caught off guard. Can apply spray without taking off pack.
Optional

- Phone
- Small towel
- Headphones
- Carabiners
- Solar Panel
- Swiss Army knife

Notes: Phone for pictures and music before bed. Solar panel for charging phone at camp

Final notes: I prioritize every bit of my pack space, if I can go without something and be **safe**, I leave it. For me, the bulk of the hike enjoyment comes from the actual hiking and if i can minimize the amount of weight on my back it makes it that much more enjoyable. I have more energy and feel much better the less I carry. So I minimize what I bring because the amount the group needs is set. Don’t forget about the group gear when packing your own.