



IMPACT 2011

What to Bring Required Clothing/Equipment Check List

Please pack **LIGHTLY** and stick to this list!
You will carry everything on your back, in addition to group gear that we will provide.

Base Layers:

- 2 short sleeve t-shirts. Polypropylene or light weight synthetic is the best. Cotton okay.
- 1 pair of synthetic shorts
- (Ladies) 2 Sports bras. Quick drying fabric is most comfortable.
- 2-3 pair underwear. Cotton okay.
- 1 set (top and bottom) mid-weight long underwear (synthetic/polypropylene. NOT cotton)
- Ladies: modest swimsuit (covering midsection)

Insulation Layers:

- 1 long sleeve wool or synthetic shirt (NOT cotton)
- 1 fleece shirt or wool sweater (may be lightweight)
- 1 fleece jacket (heavier weight)
- 1 fleece or wool hat
- 1 pair fleece gloves or mittens

Outerwear:

- 1 set raingear: jacket and pants. WATERPROOF not water resistant (lightweight)
- 1 pair lightweight nylon hiking pants/zip-off pants (NOT jeans)

**Clothes should be loose fitting, but not baggy, for ease of hiking.

Footwear:

- For hiking: 1 pair medium weight backpacking boots or light hikers (treat for water repellency)
- For camping and water: Sandals (must have a heel strap and stay on: no flip-flops!) or 1 pair old athletic shoes
- 2 pair medium weight wool or synthetic socks
- 2 pair liner socks, thin polypropylene (helps to prevent blisters)

Accessories:

- 1 baseball cap or sun hat
- 1 pair sunglasses with 100% UV protection & retainer strap
- 1 headlamp (small flashlight is next best alternative)
- 1 spare headlamp bulb (if non-LED) & extra batteries
- 1 cotton bandana for washcloth and sun protection

Personal Items:

- 1 toiletry kit – toothbrush, small toothpaste
- 1 tube lip balm with SPF 25 or better
- 1 *small* bottle sunscreen, SPF 30 or better
- 1 *small* bottle of insect repellent
- (Ladies) Feminine supplies (ALL female participants: please bring an ample supply in Ziploc bags and small package of wet wipes)
- Hair band if your hair is long
- Prescription eyewear (if you wear glasses) – contacts okay w/ extra set of glasses & case
- 1 pen
- 1 Nalgene or Sigg-type water bottle w/ good lid
- Necessary medications in original packaging (i.e. inhaler, prescriptions, etc.)
- Blister kit (Moleskin)
- Small Bible (we have some if you don't)
- Spirit of adventure!

Travel:

- Bring one change of clothes for travel to and from Tilikum. These will stay at Tilikum and will be available upon arrival.

Optional Items:

- Trekking poles
- 1 pair of gaiters (to keep dirt/rocks out of boots)
- Small camera and/or waterproof camera
- 1 pair fleece pants (if you tend to get cold easily)
- Your own backpack (must be at least 60 liters /3500 cubic inches-please let us know if you plan to bring your own.)



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What We Provide Courtesy of Tilikum & YD Adventures

- First Aid Kit
- Expeditionary Backpack
- Sleeping bag (rated 15 to zero degrees)
- Fun
- Sleeping pad
- Cooking stove & fuel
- Cooking equipment
- Fun
- Food!
- Small Bible if you don't have one
- Journal
- Opportunities for more fun...
- Whistle
- Cup/Spoon/Bowl
- Shelters
- Map/compass
- Trowel
- Mosquito head net
- Shovel
- For kayaking: inflatable kayaks, neoprene booties, wet suits, waterproof splash jackets, PFD's (life jackets), helmets

What to Leave at Home

Tilikum staff will assist and assess the packing process to ensure essentials are packed and non-essentials are left behind.

- iPods or any such contraption
- Cell phones
- Books/Magazines
- Extra food (let Tilikum know if you have special dietary needs)
- Extra clothes
- Mom, dad, dogs, cats, small rodents
- Soap and Shampoo
- Makeup
- Butane curling irons
- Battery operated hair dryers
- Water cannons or squirt guns

Please call us at 503-538-2763 if you have questions regarding the packing list.



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Helpful Hints

General rules

Remember that in the wilderness, whatever you bring in must be brought out. The more stuff you bring, the heavier your pack will be. This is not a trip to be concerned about making a fashion statement or not wearing the same thing twice.

What clothes should I bring?

When packing, you should think about 3 layers:

1. Your **base layer** should be something made from synthetic fibers such as polyester, or at the very least, 50 poly/50 cotton. This layer helps pull moisture away from your body to keep you cool when you're working hard on the trail and warm in cool conditions.
2. The **insulation layer** will keep you warm in cold conditions. A pull-over or zip-up fleece jacket is a great option. A wool sweater is also a good option. A cotton sweatshirt is NOT a good idea.
3. Your **wind and water layer** needs to be ready to take on a variety of unexpected weather conditions -- wind, rain, or snow. Rain gear can be expensive, and there are many less expensive Gore-Tex-like jackets and pants available, they just don't say Gore-Tex. Don't drop \$300 on a new jacket. Borrow one or find an inexpensive alternative to REI.

Why shouldn't I bring clothing made of Cotton?

There is a saying in the backcountry that "Cotton Kills". Though extreme, Cotton could "kill" you and your groups' experience if you get wet. Cotton loses its insulating qualities when wet, absorbs many times its weight in water, wicks perspiration very poorly, and takes a very long time to dry. Look for clothing made from wool, polyester, polypropylene, nylon, or spandex.

Doesn't this specialized clothing cost a lot of money?

Well, it can, but certainly doesn't have to! Check out Target, Wal-Mart, Marshall's, T.J. Max, Outlet stores, and *especially* thrift stores for clothing. Also, look at these on-line stores for deals and ideas of what to look for. sierratradingpost.com, campmor.com, ems.com, rei.com/outlet, abc-of-hiking.com, nextadventure.net

How do I find the right boot?

If you have questions about how to select appropriate boots, *Backpacker Magazine* (http://www.backpacker.com/article/topic/?action=custom&bp=topic_article&tag=Hiking%20Boots) and *ABC of Hiking* (<http://www.abc-of-hiking.com/hiking-boots/>) are great online resources. Boots that fit will be important to invest in. It is essential you break your boots in before the trip. Wear them around the house with the socks you would wear on the trail. Your feet will thank you!

I won't be showering for *how* many days?

That's right – you will truly be roughing it! Wet wipes are a great way to freshen up. Pack some in a zip-lock bag, and it's like having a portable bathtub.

Bug off!

Many mosquito repellents contain Deet, an active ingredient that repels bugs. Generally, the more DEET in the product, the longer lasting the protection. There are also some more natural alternatives out there that can provide similar protection. Here is a helpful article: <http://life.gaiam.com/gaiam/p/Bug-Off-DEET-vs-Alternatives.html>.

Points for packing:

- A general rule of thumb regarding how much clothing to bring is you should be able to wear all of the clothes you bring at once (minus underwear and socks).
- Pack your clothes in zip-lock bags to keep them dry. Zip-locks are also a convenient way to keep your things organized.