

# **Equipment List for Llama Trekking in the Weminuche Wilderness, September 2009**

Clothing is best if layered. It is better to bring a waterproof breathable shell, a light fleece jacket, and a medium fleece jacket rather than one thickly insulated coat. Synthetics or wool are much better than cotton.

The weather where we are going is quite variable. The elevation of Emerald Lake is 10,000 feet. Typical weather would be a high of 65° F and low of 30° F with one day of cold rain or light snow (1"). Possible, but unlikely weather extremes could include 6" inches of snow, low of 20° F or cold rain for several days.

Here is general list of what you will need:

## **Clothing**

### ***Base Layer***

- Regular underwear – 2 pair
- Light to medium weight long underwear top and bottom (e.g. Patagonia Capilene)

### ***Middle Layer***

- Long pants
- Short pants
- Long sleeve shirt +/- short sleeve shirt

### ***Insulating Layer***

- Light sweater or fleece jacket
- Heavier sweater, fleece jacket, down vest ,or down sweater. Big puffy down parka is not needed.

### ***Outer Layer***

- Waterproof breathable (e.g. Gortex) jacket and pants. Less expensive coated, non-breathable rainwear will work but you may get wet on the inside from condensation and sweat while hiking. If your jacket doesn't have a hood you will need a rain hat.

### ***Head, Hands, and Feet***

- Ball cap or visor
- Warm hat
- Warm, preferably waterproof, gloves or mittens.
- Lightweight hiking boots. Running shoes will do but if it is cold and wet your feet will be too.
- Camp shoes – moccasins, cros, sneakers or any comfortable shoes, since it is usually cold sitting around camp in the evenings, Connie and I bring insulated booties.
- Hiking socks – wool or wool blend is best, 2 pair

## **Kitchen**

- \*Bowl, cup, and spoon. I like lexan plastic but almost anything non-breakable will do,
- \*Water bottle (e.g. 1 liter Nalgene)

## Personal

- Baby wipes (small travel package)
- Personal Toiletries – comb, toothpaste, toothbrush, floss, etc.
- Personal medications, eyeglasses, etc.
- Sunglasses
- Insect repellent. DEET, pump spray, not aerosol, works best
- Sunscreen
- Lip balm
- Bandana or small washcloth.
- Small hand towel – quick drying thin lightweight Viscose towel like the “PackTowel” works best but is not essential. A regular cotton towel might take a long time to dry in wet weather.

## Sleeping, Shelter

- \*Sleeping bag – lightweight, good to 25° F
- \*Sleeping pad – (e.g. Therm-A-Rest or RidgeRest closed cell foam)
- \*Tent – lightweight, small, best if able to tolerate wet dense snow.

## Other

- \*Small daypack
- \*Headlamp or lightweight, small flashlight, extra bulb and batteries

## Optional

- Shoes for crossing water – hiking sandals, aqua shoes, fishing wading shoes, or an extra pair of sneakers. I am not sure how much if any stream crossing we will have to do that will require wading. You can cross barefoot but the rocks can be hard on your feet.
- Lightweight collapsible camp chair or stool
- Hiking pole or staff
- Fishing gear and license
- Camera
- Reading material
- Extra water bottle or hydration system (e.g. Camelbak)
- \*Small pocket knife

\*We may have extra of these items for you to borrow for this trip. You do not have to run out and buy all this if you do not already have it.

## What You Do Not Need to Bring

I will bring food and cooking equipment, fire starting supplies, water purification equipment, first aid kit, emergency/repair kit, blister care kit, navigational aids – compass, maps, GPS, etc., binoculars; trash bags, toilet paper, soap for people and dishes.