

Specialized Equipment for Trippers

Being properly equipped for your trip is very important. In order to save money, consider borrowing some items from friends or family. Remember that what you pack, you will carry, paddle or pedal and will need to pack down; think lightweight and minimal bulk. The following notes are designed to help you maximize your gear items.

Where to Shop

Depending on where you live, you may find some of the following locations helpful:

- Eastern Mountain Sports (EMS) – numerous locations and on-line at www.emsonline.com
- REI – located in West Hartford and on-line at www.rei.com
- Campmor – www.campmor.com
- Walmart
- LLBean – www.llbean.com
- Local bicycle shops and outdoor stores near you

Bring your equipment list and these notes with you when you shop; outdoor stores can offer additional tips and are very helpful with sizing, recommendations, and further explanations.

Name Brands

While we recognize many name brands may be given in the details regarding a specific item, this is just for reference. Many in-store brands are just as functional as the name-brands and can offer you large savings.

Clothing and Gear

Synthetic Thermal Underwear (Polypropylene) Tops and Bottoms:

You will need midweight or lightweight thermal tops and bottoms that will wick moisture away from your skin and keep you warm in windy, wet conditions. These items will be used as a primary layer under your regular clothing and rain gear or windproof clothing. Thermal underwear comes in a variety of acceptable fabrics such as: polypropylene, Capilene, and Thermax. Cotton thermal underwear is **not acceptable**, as it does not wick moisture or provide any warmth when wet.

Sleeping Bag:

A lightweight (6lbs or less), 3-season (temperature rating of 30-40OF) sleeping bag is needed. Qualofil, Holofil II or Polarguard insulation types are recommended; other corollary materials could be acceptable. Do NOT bring DOWN or COTTON sleeping bags. A water repellent stuff sack is recommended (i.e. Outdoor Research Hydroseal). A thick garbage bag used as a liner inside a non-waterproof stuff sack will also work.

Sleeping Pad:

A pad made of ensolite or closed cell foam works well. Full length or 3/4 length will suffice. If you bring a self inflating “Thermarest” style pad, please bring a repair patch kit.

Rain Gear:

Rain gear should consist of both a jacket/parka and pants. These items are essential to stay as warm and dry as possible. Look for waterproof capabilities as well as breathability. Ponchos and rubber rain coats are not acceptable. It is not necessary to spend a lot for all the bells and whistles as long as the gear fits you well and will protect you from the elements. Trusted names include Marmot, EMS, REI, Sierra Designs, LLBean, etc.

Backpacks:

As this is an investment, choose a good quality pack. Both internal and external frame packs are fine for backpacking trips. Padded waist belts and shoulder straps are mandatory. Fit is very important; trippers should try on weighted packs to feel how the pack distributes the load. Outdoor stores and outfitters can assist you in fitting and adjusting your pack. Medium to large volume packs (3500-6000 cubic inches) are recommended.

Wool or Fleece Sweater/Pants:

These items are worn as a second or third layer over long underwear and clothing. The idea here is to keep warm in wet conditions due to environmental factors such as rain, wind, higher elevations and on water-based trips. Wool and fleece continue to keep you warm and insulated even when wet and often repel water.

Wet Shoes:

Sport sandals with toe and ankle straps can often be used as wet shoes. Wool or fleece socks can be worn under sandals to help keep feet warm in cold water conditions. Neoprene booties or aqua socks with stiff soles are acceptable. Thick rubber soles help protect feet from hidden rocks or elements in the water. Old tennis shoes with insulation and if comfortable when wet can also be used. Flip flops and sandals without ankle straps will not suffice as wet shoes.

Dry Shoes / Hiking Boots:

Hiking boots or sneakers are required depending on the nature of your trip. Hiking boots should have a good fit; when buying new boots, take your time and be critical in your selection. Look for sturdy soles, good ankle support, secure lacing, cushioned tongue, light weight, waterproof construction or material which you can seal manually. Try on new boots with at least one pair of socks you will be wearing on the trip (heavy wool) and try them on in the afternoon as your feet swell as the day progresses. Boots must be well broken-in!!! Please do not plan on breaking in your boots during the trip. Sneakers are appropriate for many trips in which there is no official hiking; be sure these sneakers are well-constructed, fit well, are in good condition, lace securely, and have a substantial sole.

Water Bottles:

All trips require at least two (2) 32-oz water bottles which are well-constructed to avoid leaking. We strongly recommend Nalgene brand water bottles; they manufacture general bottles as well as bicycle-style bottles. Hydration, water-bag style systems with a bladder and hose (i.e. Platypus or Camelbak) are appropriate for some biking and hiking trips; however, campers bringing water bag systems must have at least one (1) 32-oz water bottle as well. Camp Jewell will have some 32-oz Nalgene water bottles for sale this summer.