



Katahdin/Allagash Wilderness Waterway - Maine
July 22-August 2, 2009

Student Gear List

This list includes many important items that are essential to the safety and enjoyment of your experience in the back-country. Please do your best in equipping yourself with the following pieces of gear and equipment. Many times we ask that an item contain "*no cotton*". This is because cotton, when wet, has very little insulating value to keep you warm. Please email us with any questions that you might have regarding this list.

- **Socks:** 3 pair: Synthetic or wool blends, *no cotton* please.
- **Lightweight Hiking Boot:** You'll need sturdy footwear to hike the steep rocky ridge trails of Katahdin. A lightweight boot with some degree of ankle support is ideal.
- **River Sandals or Old Sneakers:** You'll wear these during the paddling days on the river section and they'll be wet every day. A river sandal has the ability to securely attach to your foot with multiple straps. Teva®, Chacos®, and some Keen® style sandals are fine. Crocs™ **are not** appropriate for this purpose.
- **Camp Shoe:** Once we reach our nightly destination, having a dry and comfortable pair of shoes to change into for walking around the campsite is really nice! These can be flip-flops, Crocs™, Birkenstocks® or a pair of sneakers.
- **Swimsuit:** For our female participants a modest one piece suit is appreciated as is a pair of causal swim shorts for our male participants.
- **Shorts:** Two pair of comfortable nylon shorts.

- **Cotton T-shirts:** You'll only need three for the hiking & paddling portion of trip.
- **Underwear:** Three pairs of cotton or synthetic underwear.
- **Thermal Underwear:** Synthetic material only, **no cotton** please. You'll need a **top** and a pair of **bottoms**. Duo-Fold®, Terramar® and Under Armour® as well as other similar brands are appropriate.
- **Fleece Jacket or Pullover:** A warm fleece layer that fits under your rain jacket.
- **Fleece Vest**
- **Rain Jacket:** A comfortable waterproof jacket with a hood.
- **Rain Pants:** A waterproof pair of pants.
- **Wool or Fleece Hat:** It should pull down enough to cover your ears.
- **Sun Hat or Visor**
- **Gloves:** One pair of wool, neoprene *or* fleece gloves.
- **Small Towel:** A cotton hand towel is more than adequate; anything bigger takes up valuable space in the dry bags.
- **Lip Balm:** Moisturizing balm with SPF 15 or greater.
- **Sunscreen:** With a SPF 30 or greater. Pack this in a separate freezer style bag.
- **Bandanna**
- **Sunglasses with a Strap**
- **Headlamp:** Headlamps are preferred and are more convenient than flashlights. **Bring extra batteries!** Many affordable choices are available at places like Target®, Wal-Mart® or through on-line retailers.
- **Mosquito Head Net**

- **Mosquito Repellant:** A small bottle of non-aerosol repellant. Pack this in a separate freezer style bag.
- **Anti-Bacterial Hand Wash:** Many varieties exist that don't require water. Pack this in a separate freezer style bag.
- **Hygiene Kit:** Toothbrush, toothpaste, etc. Travel or trial sizes are ideal as this kit will be packed in your back-country gear. Pack these in a separate freezer style bag.
- **Small Notebook and Pen/Pencil**
- **Compact Bible**
- **Plastic Bowl:** A medium size Tupperware® container with a lid works great. Having one that is just big enough to store your spoon is really convenient.
- **Spoon:** Some students find that a "spork" is perfect.
- **Water Bottles:** Two Nalgene® style bottles with a leak-proof lid.
- **Plastic Mug:** For coffee, hot cocoa, or tea.
- **Day Hiking Pack:** This will be used mainly for our one day ascent of Katahdin. A regular size school backpack will work fine as it will only need to hold water, snacks, headlamp and rain gear.
- **Small Dry Bag:** This will be your only option to keep things like a camera dry and close at hand. It's also a great place to store other small things you will need throughout the day while paddling such as snacks.
- **Large Heavy Duty Trash Bags:** Please bring two to help with waterproofing your sleeping bag and clothes.
- **Compact self-inflating sleeping pad:** Big Agnes®, Therma-Rest® and EMS styles are fine.
- **Freezer Bags:** 8-10 large freezer bags with a sealable top like Zip-Lock®. These will be used to provide an additional layer of waterproofing to small items.

- **Travel Clothes:** Bring an additional set of comfortable travel clothes to be left in the vans while we are paddling. Once we reach the end of the river section we'll head to the showers!
- **Shower Kit:** Shampoo, soap, deodorant, razors and towels will be left in the vans as well until the back-country section is completed and then we'll have the opportunity to clean-up before traveling back to New York.
- **Spending Money:** The meals eaten during the travel days are usually at a fast-food type restaurant and are not included in the cost of the trip. Please bring enough money to buy 5-7 meals. Most students bring \$35-\$45 for travel meals alone. Souvenirs, if desired would be in addition to this amount.

A note about pocket knives: One of the most common injuries in the outdoors, especially on the Allagash (ask any ranger!) is the accidental slicing of a finger or hand from a knife. For this reason we ask that you **do not** bring a knife of any size on your trip. Thank you.

Optional Gear

- **Camera:** Compact camera with protective case
- **Fishing Gear:** Two piece spin rods that break down to a compact size are fine. Tackle should include Red Devils, Rooster Tails, Spinners, Mister Twister grubs and Phoebes.
- **Small Travel Games:** Playing Cards, Uno, Chess and Checkers are all great camp games. The compact plastic version is required for larger games such as chess.
- **Hydration Bladder:** Although these are acceptable on both the river and hiking section, you will still need at least one Nalgene® style water bottle.
- **Stuff Sacks:** 2-3 medium size nylon sacks with a drawstring help you stay organized.
- **Compact Binoculars**

- **Compact Camp Chair:** Crazy Creek® or other similar brands work well.
- **Small Backpackers Hammock:** Lightweight compact versions are acceptable.
- **Travel Snacks:** Feel free to bring snacks for the days we travel to and from Maine.
- **Juice Mix:** Small packets of lemonade, ice tea, or fruit juice work well.
- **Paperback Book**

A note on where to find these items: Having trouble finding the necessary gear and equipment in your local area? Try second hand stores, Good Will, and Salvation Army thrift shops for fleece and rain jackets. Many good deals can be found on-line at the reputable websites below.

www.campmor.com

www.sierratradingpost.com

www.ems.com

www.rei.com

www.cabelas.com

www.steepandcheap.com

Great selection and prices

Most items are 30% to 50% off retail!

They have an "Outlet & Deals" section!

Check out their on-line outlet!

Visit their "Bargain Cave"!

Daily deals get emailed to you!

A note about loaner gear: We know that sometimes, especially in the summer months, fleece and other warm clothing can be hard to find. If you are unable to acquire an item please let us know and we will do our best to provide you with a loaner for the trip. Quantities and sizes are limited.

Shiloh's Edge Will Provide:

- **Sleeping Bags:** You may bring your own synthetic *compact* sleeping bag rated for 20 to 35 degree weather if you prefer. No down filled bags please.
- **Tents:** You'll be outfitted in good quality tents suitable for this type of back-country travel. You'll be sharing a tent with other members of your group but there will be no co-ed tenting.

- **Large Dry Bags:** Similar to a pack used by backpackers, these large waterproof bags will protect your personal gear and sleeping bags while paddling. You will probably share the space with another member of your group.
- **Camp Food and Stoves/Pots:** You'll be eating a variety of good tasting foods can be easily cooked over a camp stove or fire. During the trip you will learn the secrets of creating delicious meals with minimal amenities.
- **Canoes, Paddles & Life Vests:** You will be outfitted with quality canoes and paddling equipment from manufactures such as Mad River®, WE-NO-NAH®, and Old Town®.

A note about electronic devices: An iPod® or similar device is acceptable with the understanding that they be used only during the travel periods spent in the vans. Once we leave the vans for the back-country the devices must remain in the vehicles. **THE SECURITY OF THESE ELECTRONIC DEVICES CANNOT BE GUARUNTEED AT ANYTIME DURING YOUR TRIP.**

Please email us with any questions regarding this list. We will be more than willing to help you through the process of outfitting yourself properly for this amazing experience.

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