



GEAR LIST reTRAIN Adventure 2015

We look forward to meeting you. We have designed this equipment checklist to help you decide what to bring on your course. **Please take the time to read the descriptions carefully. Please think small and light - every gram counts.** The checklist on the far left side of the pages is designed to help you organize what to bring with you.

We encourage you to use gear that you already own (even if it is an item that we have said we will provide you.) Bring a range of items to choose from and your guides can help you decide which gear to select—that is what your guides are there for! (For example: If you own several upper body layers but cannot decide whether two mid-weight tops or one mid-weight top plus an expedition weight fleece is the better choice, then bring them all and your guides will guide you towards a good decision). **Note that your guides will inspect any gear you may have brought with you to determine it's suitability for your adventure.** If an item is not appropriate, you can leave it with your baggage in our storage.

To ensure that your group is prepared, your guides will take you step-by-step through the packing process in a “packing station” before entering the backcountry. We look forward to seeing you! In the meantime, we encourage you to initiate a physical conditioning program.

If you have any questions or if you would like more information regarding any of the items in the equipment list, please contact the ITW team at:

+39 333 9114967 or
info@intothewilderness.eu

In addition, you will receive several gear items that are included in the trip price. You will be held financially responsible for any lost or damaged Into the Wilderness gear used on their trip. Replacement costs are as follows:

- 🧡 sleeping bag: 100€;
- 🧡 backpack: 100€;
- 🧡 mat: 10-30€;
- 🧡 whistle: 3€;
- 🧡 pack cover: 15€;
- 🧡 cooking pot: 35€;
- 🧡 stove: €70€;
- 🧡 plate: 5€;
- 🧡 cup: 3€;
- 🧡 spork: 2€;
- 🧡 tents: 160€;
- 🧡 tarp: 10€;
- 🧡 leg gaiters: 50€;
- 🧡 rain coat with hood: 75€;
- 🧡 sitting pad: 20€;
- 🧡 jacket: 30€;
- 🧡 headlamp: 15€;
- 🧡 water bottle: 10€;
- 🧡 climbing shoes: 60€;
- 🧡 climbing harness: 50€;
- 🧡 helmet: 45€;
- 🧡 ice axe: 50€;
- 🧡 crampons: 70€;
- 🧡 hiking poles: 30€.

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GENERAL STUFF

You will receive (included in course price):

- BACKPACK: Make sure it is in good shape, bring repair items if available, rain cover a plus. If you don't have a rain cover bring two large plastic trash bags that will fit over your loaded pack.
- JACKET: fleece.
- SLEEPING BAG: rated to at least -5 °C, otherwise you will get cold.
- AIR MATTRESS OR PAD: small width.
- TENT: 2-3 kilograms.
- TARP: size of tent floor, at least 4 mm.
- RAINCOAT WITH HOOD: lightweight.
- SITTING PAD: Anything from a small pad to chair.
- PLATE.
- CUP.
- SPORK.
- LEG GAITERS.
- WATERPROOF BACK PACK COVER.
- WHISTLE.
- HEADLAMP.
- 1 LITER WATER BOTTLE.
- CLIMBING SHOES.
- CLIMBING HARNESS.
- HELMET.
- ICE AXE.
- CRAMPONS.
- HIKING POLES.

You need to bring:

- 1 LITRE WATER BOTTLE: Or Camel back type bladder.
- BUG REPELLENT: no aerosol, very small amount needed.
- ONE CHAP STICK with SUNSCREEN
- SUNSCREEN: face only, small tube.
- TOILET PAPER: Put in waterproof ziplock bags.

- WET WIPES: great to freshen up face, as well as your rear-end.
- SMALL TOILETRIES SET: towel, biodegradable soap, deodorant, contacts & solution.
- TOOTHBRUSH & PASTE: travel tube.
- HAND SANITIZER.
- EAR PLUGS.
- KNIFE: folding is preferable, with a nice sheath so you can easily, safely, and securely carry it with you everywhere you go.

SPIRITUAL STUFF

- SMALL BIBLE (12.5 cm x 18.5 cm x 3 cm or smaller)
- SMALL JOURNAL (not larger than the dimensions of the Bible)
- TWO PENS OR PENCILS

CLOTHING

AVOID COTTON AS IT IS WORTHLESS WHEN WET & TAKES FOREVER TO DRY.

- 1 PAIR OF LONG PANTS.
- 1 PAIR OF SHORTS.
- 2 PAIRS OF UNDERWEAR: one of the better places to avoid cotton.
- 2 SOCKS: some type of wool or synthetic hiking socks would be a smart choice.
- 3 SHORT-SLEEVED SHIRTS.
- 1 LONG-SLEEVED SHIRTS.
- 1 HAT: ski type – for warmth.
- 2 PAIRS OF GLOVES: One pair ski type that are waterproof and 1 pair lightweight non cotton.
- 1 PAIR HIKING BOOTS: waterproof and broken in (used at least 3-4 times before the adventure).
- 1 PAIR OF SHOES: tennis shoes, teva-type sandals or crocs.
- 1 PAIR OF LONG UNDERWEAR: lightweight, great for sleeping in comfort.

OPTIONAL

- RAIN-PANTS: lightweight.
- SUNGLASSES: These come close to a required item. You will wish you had them if there is a lot of snow on the ground.
- ONE SMALL CAMERA.
- WRISTWATCH.
- BASEBALL HAT OR OTHER.
- SMALL PILLOW: (pillow case stuffed with clothes will work just as good).
- SNOW SHOES.