



Kieve West Clothing and Equipment

A Clothing and Equipment Note

Throughout your Kieve West experience you will encounter a wide range of temperatures and weather. You must be prepared for blazing hot sun one day and snow the next. While the wilderness skills you learn will help you in these environments, the proper clothing and equipment is necessary for the success of your expedition. Please consider everything on this list a **requirement** and not a suggestion. There is a ton of good and bad gear on the market. Please do not hesitate to contact Jean Vose at jean@kieve.org if you have any questions. Travel clothes are included in this list. Please wear what is on the list and do not bring extra clothes as we have limited space.

Boots and Footwear

- Hiking boots.** These should be medium weight boots that are suitable to carry 40-50 pound loads in a variety of on and off trail conditions. Do not get boots that are too small as feet swell during a day of hiking. These should be purchased NOW! This will allow you to break them in on weekend hikes and around the house. Taking the time now will save you pain and troubles later! Some models that fit this description are L.L. Bean's Cresta Hikers or Knife Edge Hikers
- One pair old tennis shoes/sneakers.** They will also be the shoes that you travel in to and from Colorado, and the shoes you wear while in camp.
- River shoes.** These should be sturdy non flip-flop sandals (i.e. have a heel strap). Some popular brands include Teva and Chaco
- Four (4) pair of heavy wool socks.** Plain wool socks do work well but blends such as Smart Wool and Cool Max may provide a snugger fit. Make sure there is NO COTTON in them
- Two (2 to 3) pairs of sock liners.** Polypropylene sock liners work well.
- Gaiters**

Lower Body Layers

- Medium-weight long underwear bottom** (polypropylene or capilene is best - NO cotton)
- Waterproof/Breathable rain pants** (Gore-Tex is best but not necessary) or waterproof pants (not breathable, which is much less expensive) and wind pants
- One pair of heavy fleece pants.** (you may bring **both** the medium-weight long underwear and expedition weight long underwear **instead** of the fleece pants)

Upper Body Layers

- Medium-weight long underwear top** (polypropylene or capilene is best - NO cotton)
- Thin Fleece top** ("expedition-weight" fleece is ideal)
- Fleece Jacket** (Heavy pile fleece pullover or full zipper jacket is good)
- Fleece or Synthetic Vest** (optional)
- Rain Jacket with hood** (must be waterproof; not just water resistant. NO PONCHOS)

Head and Hands

- A thin pair of Wool or fleece gloves** (optional)
- Wool or fleece hat**
- Baseball cap**

Additional Clothing

- One (1) long sleeve cotton T-shirt** (travel)
- Three (3) t-shirts** (one Kieve West capilene will be given to you!)
- One (1) pair long pants** (jeans or khakis for travel)
- Two (2) pair nylon, quick dry shorts**
- Bathing suit**
- Five (5) pair underwear**
- Two (2) non-cotton sports bras.** (optional for the guys!)
- Two (2) bandanas**

Essential Equipment

- Duffel bag** (approximately 5,000 -10,000 cubic inch capacity for travel) if you bring your own backpack, you won't need an extra duffel
- Backpack** (internal frame; 5,000-6,000 cubic inch capacity)
- Waterproof backpack cover**
- Sleeping bag** (Synthetic - rated to 15-20 degrees F)
- Compression stuff sack** for sleeping bag
- Insulation ground pad** (Therm-a-rest or Ensolite pad)
- Daypack** (school pack size is fine)
- Two (2) 32-ounce water bottles** (1 quart Nalgene is great) or combination of a hydration system (Camelback, Platypus, etc.) and one 32 oz. water bottle
- Headlamp** with fresh batteries and bulb (Petzl, Black Diamond or Princeton work well)
- Spare batteries and bulb** for headlamp
- Sunglasses**
- Sunglass holders** (Chums or Croakies)

Toiletries

- Toothbrush and toothpaste
- Soap and shampoo (in unbreakable container)
- Insect Repellent
- Chapstick with sunscreen
- Sunscreen (12oz. bottle)
- Band-Aids
- One (1) **full package** of Moleskin
- One (1) **full box** of 2nd Skin

Miscellaneous

- One (1) bath towel or pack towel (for travel and showers)
- Whistle (small plastic will do)
- Wallet with I.D. and travelers checks
- Small notebook with pen
- Good book

Optional

- Rock climbing shoes (recommended only if you already own a pair)
- Hydration system (i.e. Camel Back)
- Hiking poles
- Mosquito head net
- Compass
- Crazy Creek chair
- Binoculars
- One Non-plastic Carabiner
- Camera
- Extra film

Where to Get It?

There are numerous good stores that sell this gear. L.L. Bean carries everything that you will need. Both REI and EMS can also supply this equipment, along with many general outdoor stores. If you prefer to try things on in a store and then order on-line, www.campmor.com, www.reioutlet.com, and www.sierratradingpost.com are great resources. Please have boots fitted in a store with a knowledgeable salesperson ~ and then wear them!