

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 our 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 Katie Moulton at kmoulton@kieve.org or Andrew Davis at (freeheel@stanfordalumni.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. The page numbers after the items refer you to the L.L. Bean Outdoor Gear and Clothing catalog.

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, North Col, or Speed Guide Hikers. (*Outdoor Gear & Clothing Spring 2003 pages 94-95*) or REI spirit boots.
- ❑ **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. (*Outdoor Gear & Clothing Spring 2003 page 82*)
- ❑ **Four (4) pair of heavy wool socks.** Plain wool socks do work well but blends such as a Smart Wool and Cool Max may provide a snugger fit. Make sure there is NO COTTON in them (*Outdoor Gear & Clothing Spring 2003 page 72*)
- ❑ **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) (*Outdoor Gear & Clothing Spring 2003 page 73*)

- ❑ **Waterproof/Breathable rain pants or wind pants** (Gore-Tex is best but not necessary). (*Outdoor Gear & Clothing Spring 2003 pages 49-55*)
- ❑ **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) (*Outdoor Gear & Clothing Spring 2003 page 73*)
- ❑ **Thin Fleece top** ("expedition-weight" fleece is ideal) (*56-63*)
- ❑ **Fleece Jacket** (Heavy pile fleece pullover or full zipper jacket is good) (*Outdoor Gear & Clothing Spring 2003 pages 56-63*)
- ❑ **Fleece or Synthetic Vest** (optional) (*Outdoor Gear & Clothing Spring 2003 pages 56-63*)
- ❑ **Rain Jacket with hood** (must be waterproof; not just water resistant. NO PONCHOS) (*Outdoor Gear & Clothing Spring 2003 pages 49-55*)

Head and Hands

- ❑ **Wool gloves** (can also be found at a hardware store)
- ❑ **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 8,000-10,000 cubic inch capacity for travel) if you bring your own backpack, you won't need an extra duffel. (*Outdoor Gear & Clothing Spring 2003 page 42*)
- ❑ **Backpack** (internal frame; 5,000-6,000 cubic inch capacity). We will loan you one if you would like. Please see note at end about loaners! (*Outdoor Gear & Clothing Spring 2003 pages 22-24*)
- ❑ **Waterproof backpack cover** (*Outdoor Gear & Clothing Spring 2003 page 25*)

- ❑ **Sleeping bag** (Synthetic - rated to 15-20 degrees F). Can be rented for \$30 cleaning fee. Please see note at end! (*Outdoor Gear & Clothing Spring 2003 pages 16-19*)
- ❑ **Compression stuff sack** for sleeping bag.
- ❑ **Insulation ground pad** (Therm-a-rest or Ensolite pad) (*Outdoor Gear & Clothing Spring 2003 page 15*)
- ❑ **Daypack** (school pack size is fine)
- ❑ **Two (2) 32-ounce water bottles** (1 quart Nalgene are great) or combination of a hydration system (Camelback, Platypus, ect..) and one 32 oz. water bottle.
- ❑ **Headlamp** with fresh batteries and bulb (Petzl or Princeton work well) (*Outdoor Gear & Clothing Spring 2003 page 25*)
- ❑ **Spare batteries and bulb** for headlamp
- ❑ **Sunglasses** (*Outdoor Gear & Clothing Spring 2003 page 41*)
- ❑ **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 if you already own a pair)
- ❑ Hydration system (i.e. Camel Back)
- ❑ Hiking poles (*Outdoor Gear & Clothing Spring 2003 page 21*)
- ❑ 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. Please have boots fitted in a store with a knowledgeable salesperson.

Loaner Packs/bags

We will have Gregory internal framepacks with pack covers and Mountain Hardware sleeping bags available to loan you if needed. Please e-mail katiemoulton@yahoo.com if you WANT TO borrow gear!! I will need to know your height for a sleeping bag as well as your torso length for a backpack. For torso length measure along the spine from the top of your hipbones to your C7 vertebra (large bump at the base of your neck.)



Kieve West T-Shirt

We have a Kieve West capilene T-shirt waiting for you! It will be a great base layer for the summer or to wear around home. To get yours all you have to do is tell us your size.

Please return this form ASAP to Kieve

Camp Kieve
P.O. Box 169
Nobleboro, ME 04555

I would love a
Circle One

Small Medium Large Extra-Large

First & Last Name _____

Please print clearly