

Suggested Equipment for Hidden Valley Voyageur Program

The Valley Voyageurs provide a high adventure "out-of-camp" experience spending 5 days & 4 nights backpacking in the wilderness. Voyageurs carry tents, sleeping bags, stoves, food & clothes. The group will plan the trip giving them the option to modify their routes and camps on the fly. In addition to backpacking & hiking over mountains, to lakes, streams, historic sites, boulder caves & waterfalls, the Valley Voyageurs spend an entire day rock climbing. Another day is spent kayaking & snorkeling. Voyageurs must be "Swimmers". Throughout the week all will learn contemporary low impact methods of backcountry travel.

Do the best you can with the gear list below. Don't go broke buying a new wardrobe. See what you have, what you can substitute and try to borrow the rest from family and friends. Also, be prepared to spend Sunday & Friday nights in main camp.

CLOTHING

SOCKS

- 2pr polypro liner socks
- 2pr thick wool socks *
- 2 bread bags (waterproof liners)

SHOES

- boots
- camp shoes (tevas/sneaks/mocs)

PANTS

- 1 polypro (wool/fleece) underpants *
- 1 nylon shell pants

SHORTS

- 1 nylon shorts and/or swim shorts *

SHIRTS

- fleece/wool Jacket, sweater or shirt *
- polypro undershirt or T-shirt *

RAIN GEAR

- rain jacket & pants (or poncho)

PERSONAL STUFF

- backpack
- daypack/fannypack
- sleeping bag
- sleeping bag pad (optional)
- fork
- spoon
- bowl (plastic)**

NO COTTON

Why not cotton? To quote the wilderness community, "COTTON KILLS". Cotton is very comfortable but it likes water. It absorbs and retains water from rain, fog and sweat. Cotton shirts, sweatpants and jeans can take days to dry in the backcountry. This keeps a person wet and cold. This is a dangerous situation that can lead to hypothermia even in the summer. Wool and synthetics get wet but do not absorb water. This makes them better materials for the backcountry. Polypropylene has been specifically designed to wick moisture away from the skin keeping the wearer warm and dry. Wool, polypro, nylon, silk and fleece are the best materials for the backcountry but any synthetic is better than cotton. Please, don't be concerned about style. Everyone in the backcountry looks a bit goofy. There is no one to impress. Surviving, warm and dry is the big thing. Soccer jerseys and shorts are usually synthetic, as are many other athletic clothes.

- cup (plastic)**
- 2 water bottles (1 liter ea soda/water)
- toothbrush / floss
- toothpaste (small)
- towel (small)
- glasses / contacts & solutions
- compass
- small flashlight w/new batteries
- sun block (small)
- bug repellent (small)
- medical stuff for whatever your ailments might be

OPTIONAL STUFF

- matches
- sun glasses
- camera & film
- binoculars
- games/toys
- pencil/pen/notebook
- Tent

HVSC PROVIDES

- food
- tent, fly, poles, stakes
- stove
- fuel
- cook set
- water filter
- iodine
- kayaks, masks, snorkels
- climbing gear
- First aid
- water bottle

PLASTIC BOWL & CUP

** Plastic, what about my aluminum cook set? Either will work. A plastic bowl & mug keeps food warmer longer & doesn't burn hands when full of hot food. Plastic is also easier to clean with cold water. A margarine tub, Rubbermaid or Tupperware type bowl with lid work great. Some folks use an insulated coffee mug. A lexan fork and spoon are also nice.

THE SOCK CONCEPT

A thin liner sock of polypro, silk or other synthetic goes next to the skin. A thick wool or synthetic sock goes over the liner. The socks slide on each other instead of the foot to reduce the chance of blisters. This combination also keeps the foot dryer. If the socks get soaked in the rain or a stream they can be wrung out almost dry.

SHORTS, PANTS & NYLON

Hiking in shorts is the way to go. Pants drag on the top of the thigh and knee every time the leg is lifted. This can sap energy from a weary hiker. Lightweight nylon shorts dry fast, stay dry and don't drag on the legs at all. A swimsuit or gym shorts work great. Pants are mostly worn around camp to keep the bugs at bay or for extra warmth in the evening.