

GEAR LIST FOR EAGLE CLAW

REQUIRED PERSONAL GEAR

- BACK PACK WITH PADDED HIP-BELT & SHOULDER STRAPS (4500-5000 cubic inches capacity recommended)
(A pack with a pocket for the hydration bladder is recommended)
- HYDRATION BLADDER THAT FITS IN OR ON YOUR PACK (Camelbak, Platypus, etc.)
- 20-25 degF SLEEPING BAG - LIGHTWEIGHT BACKPACKING STYLE
- GROUND PAD (closed cell or insulated inflatable - Therma-Rest, ExPed, Big Agnes)
- YOUR PORTION OF BACKPACK TENT (see OPTIONAL PERSONAL GEAR list)
- WATERPROOF BACKPACK CLOTHING BAG (recommend roll-top closure bag) CONTAINING:
 - LONG SYNTHETIC PANTS - **NO DENIM** (prefer zip-off legs)
 - SYNTHETIC OR 50/50 T-SHIRT (**NOT 100% COTTON**)
 - LONG SLEEVE SHIRT (**NO COTTON - It takes forever to dry**)
 - POLYPROPYLENE OR NYLON UNDERWEAR (1-2 pair)
 - WOOL OR SYNTHETIC SOCKS (1-2 pair)
 - LIGHTWEIGHT SYNTHETIC THERMAL UNDERWEAR (not required, but temperature can get down to 20 degrees)
- STOCKING CAP (not required, but temperature can get down to 20 degrees)
- 1 QT. LARGE MOUTH NALGENE WATER BOTTLE
- YOUR PORTION OF TEAM GEAR (see TEAM GEAR PROVIDED BY EAGLE CLAW list)
- 13 LITER WATERPROOF STUFF SACK for food storage & hanging (BEAR BAG)**
(This needs to be a sturdy bag: Sea to Summit Sil-Net roll top closure or equivalent)
(BRING THIS TO ORIENTATION TO PACK YOUR FOOD FOR THE TRIP)
- ZIP-LOC BAGS, 1 GALLON & 1 QUART (16 bags total)
(use for storage of food and trash)
- LIGHTWEIGHT & STURDY CUP, BOWL, SPOON
- HEAD-LAMP & BACK-UP FLASHLIGHT w/spare batteries
- COMPASS
- TIME PIECE (wristwatch or other device to make sure you are on time for activities)
- 30' OF 1/8" NYLON ROPE OR PARACHUTE CORD (**NO SPOOLS OR REELS**)
- PERSONAL FIRST AID KIT (band-aids, blister pads, towelettes, insect bite treatment)
- PERSONAL TOILET ITEMS (tooth brush, travel-size toothpaste, comb - in small bag)
- TOWEL (lightweight, compact, fast-drying backpacking type)
- 1/3 - 1/2 ROLL OF TOILET PAPER IN ZIP-LOC BAG
- 1 oz HAND SANITIZER
- INSECT REPELLENT (small lotion or liquid type - no aerosol cans)
- 1-2 OUNCE WATERPROOF SUN SCREEN
- CHAP STICK OR LIP BALM
- MEDICINE - TRAVEL SIZE (will be checked in with Medical Officer)
- SAFETY GLASSES OR SUN GLASSES (for trail work)
- WORK GLOVES (for trail project)
- SMALL, LIGHTWEIGHT DAY PACK (To carry personal items during trail work)
(Draw-string shoulder bags work great!)
- BACK PACK COVER (waterproof cover designed for backpacks) **NO GARBAGE BAGS**
- LIGHTWEIGHT HIKING BOOTS (**BROKEN IN**)
- CLOSED-TOE WATER SHOES (for around camp and stream crossings)
- HAT OR CAP WITH BRIM (for sun protection)
- LIGHTWEIGHT FLEECE JACKET
- SYNTHETIC WIND BREAKER
- RAIN GEAR (Nylon, Goretex, Dri-Ducks or Frog Toggs)
(THE CHEAP PLASTIC PONCHOS WILL NOT KEEP YOU DRY)

OPTIONAL PERSONAL GEAR

- BACKPACKING TENT, WITH GROUND CLOTH, & STAKES
(If you have a tent, bring it to orientation. Eagle Claw has a limited supply for check-out)
- TREKKING POLES OR WALKING STICK
- PERSONAL FREE TIME ACTIVITIES
book, Hacky Sack, Frisbee, cards
- CAMERA
- DRY-N-WIPES small package
- SMALL LOCKING-BLADE POCKET KNIFE (3" blade maximum)

TEAM GEAR PROVIDED BY EAGLE CLAW

- COOK-KIT (pan & lid, stove, handle, dishtowel)
- FUEL TANK
- WATER FILTER
- WATER BAG
- TROWEL
- TRAIL TOOLS (varies according to the trail project)

PERSONAL GEAR PROVIDED BY EAGLE CLAW

- EAGLE CLAW HANDBOOK, BANDANA, MAPS & PEN
- EAGLE CLAW UNIFORM T-SHIRTS (2 provided - extras available for additional charge)
(MUST BE WORN DURING ALL BUS TRAVEL AND AT TRAVEL STOPS)

BUS TRAVEL BAG

WE HAVE LIMITED STORAGE SPACE INSIDE THE BUS, SO THE SIZE OF YOUR BAG MUST BE LIMITED TO 10" X 10" X 20"

- CLOTHING TO WEAR ON THE FIRST DAY OF THE HIKE
 - LONG SYNTHETIC PANTS - **NO DENIM** (prefer zip-off legs)
 - SYNTHETIC OR 50/50 T-SHIRT (**NOT 100% COTTON**)
 - LONG SLEEVE SHIRT (**NO COTTON - It takes forever to dry**)
 - POLYPROPYLENE OR NYLON UNDERWEAR
 - WOOL OR SYNTHETIC SOCKS
- PERSONAL HYGEINE ITEMS (soap, shampoo, toothpaste, toothbrush, deodorant)
- TOWEL
- PANTS OR SHORTS FOR TRAVEL HOME
- 2 PR SOCKS
- 3 PR UNDERWEAR
- SWIMWEAR
- CLEAN EAGLE CLAW T-SHIRT FOR TRAVEL HOME
- PERSONAL MONEY (\$20-\$50 for travel stops & souvenirs)
- Cell phones & other personal electronic devices are allowed, but they detract from the team experience on the bus ride. They will be left on the bus, which is unsecured)**
EAGLE CLAW IS NOT RESPONSIBLE FOR LOST, STOLEN OR DAMAGED PERSONAL ITEMS

Use this guide as you pack. Remember to keep it light, as you will have to carry it all with you, plus food, water, and Team equipment (cook kit, fuel tank, your portion of the tent, water filter, water bag, trowel). We recommend clothes, cameras, etc. be in waterproof bags. The equipment listed below, including the Team equipment, food and water can weigh no more than 45 pounds. Your food and water will weigh approximately 15 pounds with your Team equipment weighing another 5 pounds. Your trip will definitely be more enjoyable if you keep your load light. Please limit your personal belongings on the bus to fit in a bag that is no more than 10"X10"X20". **The required items on the list must be brought with you to the Eagle Claw Orientation session.**