

## **The Academy at SOAR GEAR LIST YELLOWSTONE & SOUTHWEST (cont.)**

### **PERSONAL HYGIENE NEEDS:**

biodegradable soap  
deodorant  
two toothbrushes  
toothpaste  
two wash cloths  
two bath towels  
razors and shaving supplies, if needed

\*\*\*No colognes, hairsprays, or mousses - they smell like food to animals

### **OPTIONAL ITEMS**

Camera  
Eye Glasses (Bring an extra pair if you wear prescription glasses) Bring protective case  
Compact Binoculars  
Field Guides  
one pair Sorrel type winter boot– **(Yellowstone and Southwest Semesters only)** rubber bottom with leather upper and removable liners. Zero degree comfort rating or lower.  
Snow goggles **(Yellowstone and Southwest Semesters only)**  
Camp Chair (A Crazy Creek type chair or conversion kit for the rest pad is ideal)  
IPODS, and laptops (These items will be handed in at the begin of the program, and used according to protocols)

### **ITEMS NOT TO BRING**

1. Expensive jewelry
2. Excessive clothes or items not listed
3. Lighter or matches
4. Absolutely no tobacco, alcohol or illegal substances
5. Knife
6. Cell phone

### **RECOMMENDATIONS**

Read the boot insert provided before purchasing a new pair of boots, and insure you have time to break them in before arriving. You may want to shop at a reputable outdoor store for the sleeping bag, backpack, and raingear, as these items are essential for success on the course. Please avoid bringing any items with you that are especially valuable or fragile.

Students should bring belongings in either their backpack and one duffel style bag, or a backpack and one suitcase style bag.

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### **SOUTHEAST COSTAL**

#### **PERSONAL CLOTHING:**

- One lightweight polypropylene long underwear top and bottom
- One fleece sweater
- Eight pair socks, insure at least 3 pair are synthetic hiking socks
- One set Gortex (or similar waterproof & breathable material) pants and jacket storm gear
- Eight t-shirts
- One wool, pile or fleece hat
- One pair wool or pile or fleece gloves
- Two belts
- One sun/rain hat (a baseball cap is fine if your rain jacket has a hood)
- Five pair quick dry shorts
- Four bathing suits
- Five sets of normal school clothes (suitable for cold temperatures)
- One set of work clothes ( i.e. jeans, T-shirts, flannels, sweatshirts, etc.)
- Eight pair underwear

#### **FOOTWEAR:**

- One pair of Neoprene water shoes or booties
- One pair of Teva type sandals, preferably with buckles
- One pair of hiking boots with flexible sole
- One pair of athletic shoes

#### **PERSONAL GEAR:**

- One zippered soft shell duffle bag (6,000 cubic inch capacity)
- one zero degree or below Packable sleeping bag (It should also be synthetic with hollofill or quallofill material. Down and feather bags are **not** acceptable)
- One compression stuff sack for sleeping bag (make sure it fits the Sleeping bag)
- One sleeping pad (Ridge Rest or Therma Rest Standard pads are highly recommended)
- One bowl, one cup, one fork, one spoon (made of plastic or metal)
- Three one-quart large mouth water bottles (Nalgene is best)
- One laundry bag
- Spinning fishing rod
- Sunglasses
- Sunscreen (SPF 15 or higher)
- Whistle with lanyard to wear around neck
- Small headlamp with a L.E. D. bulb
- parachute cord or small diameter nylon cord - 50 Feet
- One day pack with waist belt