

BOLT Leader Training Trip

April -- Branchville, NJ Stokes State Forest/ Delaware Water Gap Area

Your safety is our top concern, and you have control over the one of the most important aspects of staying safe –the correct clothing and equipment. Proper equipment selection is critical for your safety and enjoyment for this trip. Thus, part of this experience will be to adequately outfit yourself for the trip. The following information will help you prepare for the trip by listing all of the equipment needs. All of the items on this list are required for the trip except for the optional items. Optional items are useful, but you do not need them and one of your goals will be to cut down on weight where possible. We have also included helpful comments, tips and related topics.

LNT Tip - A consideration that you may want to think about while purchasing gear is the appropriateness of the color of your clothing and equipment. One important aspect of minimum impact camping is to lessen our visibility to other wilderness travelers. The use of earth tone colors such as blue, brown, tan or green minimizes our potential social impact our presence may have on others.

Location

The Delaware Water Gap is on the border of New Jersey and Pennsylvania where the Delaware River traverses a large ridge of the Appalachian Mountains. (A water gap is a geological feature where a river cuts through a mountain ridge.) We will be hiking on the Appalachian Trail (aka “the AT”). The ridge of the Appalachians that the Delaware River crosses is called the Blue Mountains in Pennsylvania and the Kittatinny Ridge in New Jersey. On Sunday, after we complete our trip, we gather at High Point before we hit the road home. It is just southeast of Port Jervis, New York and is the highest elevation in the state at 1,803 feet. At the peak is the High Point Monument, a 220-foot (67 m) tower, built in 1930 to commemorate the war dead.

Weather

In April, the weather can vary greatly. In the Delaware Water Gap in the northwest corner of New Jersey (on the border of Pennsylvania) you will likely have very cold nights (25’s-35’s) and cold afternoons (30’s-50’s). You should prepare for temperatures that can be as low as 15-20 degrees at night. You will need long underwear at night for this trip and a warm, synthetic, sleeping bag that rates between 0-20 degrees.

There are often rainy spells that are not forecasted -even snow and sleet is possible. One of the most important factors to prepare for with your clothing and gear is staying dry in order to protect you from hypothermia, which is common with the combination of rain, cool temperatures and wind.

***For each 1,000 elevation gain, the temperature drops 10 degrees.** If you review a weather report from a town, anticipate the change in elevation affecting a difference in temperature. We check the weather forecasts for Branchville, NJ which is in the middle of the range (also at lower altitude in town) factor your location into the equation for your planning.

Clothing and Gear

It is your responsibility to bring the items listed -- borrow from friends, neighbors etc. BOLT has access to some equipment to loan, but the supply is limited. If you are having a big problem getting certain equipment email the BOLT managers at bolt@brown.edu.

In general, your clothing should allow you to move during the day and keep you warm even if it gets wet. We recommend clothing be made of wool or polypropylene. Polypro holds water away from the skin instead of absorbing it, whereas cotton holds water next to your skin, which is very cold. When looking for these items check local Army/Navy stores and the Salvation Army. It is often unnecessary to spend tons of money in specialized outdoors stores.

BOOTS

If you are buying new hiking boots, do some research regarding fit, (there is a lot of info on-line). Different brands are designed with different foot widths and different toe box areas. Please, try them on with the one or two layer sock combo that you will use for the trip. Many people use liner socks to help prevent blisters. You will need high-cut, medium-heavy weight boots that are waterproof or water resistant. Light hiking boots won't support your feet or ankles enough for carrying a 40-50 lbs backpack for a 5-day trip over uneven terrain.

If you bought new boots for the trip **Break them in!** You will be hiking all day in your boots. Breaking them in is one of the most crucial elements of a comfortable trip, for you, for us, and other leaders you'll be hiking with... you'll thank us later. Start wearing them around the house or to work several weeks before the trip. You don't want to find out two days before the trip that your boots don't fit properly. Blisters are NO FUN!!!

Some possible options for finding gear *Looks don't matter. We're in the woods and getting dirty! Go for function.

- Borrow from Friends! See what you can borrow first.
- Army Navy Stores
- The Salvation Army Store – lots of fleece and wool options can often be found.
- REI (Cranston or Framingham, MA) www.rei.com – there's also a **outlet** link for clearance
- EMS (Cranston, North Attleboro are the closest to campus) www.ems.com
- Campmor - www.campmor.com (catalog/web sales. Store is based out of NJ)
- LLBean - www.llbean.com
- There are some surplus websites, but you'll need to double check pricing to make sure you are truly getting a deal. A sale is not always a sale with them. And you may get the old gear for new gear price.

Do not bring:

- Ipod
- Cell Phone
- Anything you can't bear to lose
- Denim Jeans
- Extra Food. Critters will ruthlessly find food in your pack eat their way into the side of it. Individual Food must be hung with the group food (bear bagging -10 feet up and 4 feet out on a tree).

**Please, Please, PLEASE, avoid bringing cotton clothing other than a t-shirt, shorts and underwear. When cotton gets wet it takes FOREVEER to dry. Furthermore, unlike wool, wet cotton is very COLD and can make you MISERABLE and that's just no fun. Same goes for denim!

Group Gear & Food, (BOLT gear and food that the group splits up to carry.)

- 1 Multi-day first aid kit
- 3 Tarps w/Tent Stakes
- 2 Ground Cloths
- Tarp Rope
- 2 Backpacking Stoves
- 3 Fuel Bottles
- Spice Kit
- 1 Cook Pot w/Lid & Pot Grip
- 1 Fry Pan
- 1 Spatula & 1 Stirring Spoon
- 1 Small Sieve/Strainer
- Camp Soap & Scrubie Pad
- 3 Mesh Bear Bags & 2 Ropes
- 1 Carabiner
- Map(s) & Compass
- 1 Trowel or small garden shove
- Hand Sanitizer
- 3 bottles of Polar Pure or Aqua Mira
- 10 Whistles
- Salsa Nalgene
- Maple Syrup Nalgene
- GROUP FOOD FOR 4 Days!!

- **If you have specific questions please give us a call or email.**
- **If you have extra clothing or gear, please bring it to share with others.**

Thanks!



BOLT Gear Check List – Training Trip

You must have the items listed on the gear list except for those in the “optional items” section. (You can borrow items marked with an * from BOLT.)

Camping Gear

*notes gear that we have a limited supply to loan for the trip. Contact the summer managers.

Equipment	#	Comments	Check List
Backpack*	1	A multi-day pack with a padded hip belt that will comfortably carry 40-50 lbs of group gear and personal gear. Internal frame packs should be 4500 – 5500 cubic inches or external frame packs that are 3400 cubic inches with room to lash on sleeping bag in a stuff sack and a sleeping pad. ** Try on your pack BEFORE the trip with 40 lbs distributed evenly in it. Learn how to adjust it to fit correctly.	
Sleeping Bag*	1	A synthetic-filled bag (such as Polarguard, etc.) rated to between 0°-20° F perform well. If you sleep cold, either choose a 0°bag or plan to wear your layers at night, but don't wear rain gear to bed; it'll make you colder. **Down sleeping bags are absolutely useless when wet. If you use one, a bivy sac is recommended to protect it from the rain, snow or overnight dampness.	
Sleeping Bag Stuff Sack*	1	A synthetic stuff sack lined with a trash bag helps extra protect your bag. A stuff sac compresses the bag and makes it easier for packing.	
Sleeping Pad*	1-2	Should be an ensolite or Thermarest Ridge Rest pads that are a minimum of 3/8" thick. Used for padding and insulation between sleeping bag and ground. Self-inflating Thermarest pads are great, but they are heavier and please remember to bring a patch kit. **If you sleep cold, two sleeping pads for winter camping will help to better insulate you from conductive heat loss from lying on the ground.	
Eating Bowl	1	A small Tupperware bowl with a cover works great. Tip: Fit your spoon inside to keep track of it.	
Eating Spoon	2	Durable enough that it won't break while you are cooking.	
Insulated Mug	1	12-16 oz mugs work great for tea and hot cocoa.	
Water Bottles	2-3	1 liter/quart bottles. Nalgene bottles or empty 1 liter soda bottles. You must have two as a minimum, but three is best. At times, there are distances between water sources.	
Headlamp	1	Should be durable and lightweight. Bring extra batteries. Headlamps are so much nicer for cooking, walking in the dark, etc. An inexpensive one runs about \$15-\$20 and post-trip; it is also great to keep in the car (post trip) for when you need your hands to fix a flat. (Flashlights can work ok, but headlamps will serve you better.)	
Sunscreen	1	A 6 oz tube should be sufficient	
Pocket knife	1	One small pocket knife is good. Food prep will be a daily part of your days.	
Watch	1	Water resistant. An alarm is useful for morning starts. It'll also help with pacing the groups water breaks when you are a “leader of the day.”	
Toiletries		Travel size: Toothbrush, toothpaste. Please, don't bother with deodorant and other things not listed - just adds to your weight. *Women should bring tampons; hard hiking can alter your schedule. Be prepared.	

Waterproofing systems

Everyone is asked to waterproof their clothing and gear. You will likely face rain and many years we face sleet and snow. It will also be cold; so, you need dry clothing. Waterproofing will be critical!

Equipment	#	Comments	Check List
Heavy trash bags	5-9	You will need to line each your backpacks and your sleeping bag stuff sack. You will also want one bag for covering your pack at night from rain and two spares for back-up and emergency use. Trash compactor, or contractor bags are amazingly stronger than regular bags otherwise, double up standard bags.	
Sealable Plastic Bags	a lot	Gallon and quart size bags help keep your things dry and organized in your pack. Bring spares for tears and “zippers” that break.	

Upper Body Layers

Wool and synthetic materials work best as they are still insulating when wet. It is common to need 2-3 insulating layers. You will layer on top of each other to keep warm.

Equipment	#	Comments	Check List
Long Underwear mid-lightweight	1	Lightweight underwear top made of wool, polypropylene or capilene. No Cotton blends. These are nice at night.	
Fleece Jacket or Wool Sweater	2	Polyester fleece pullover or zip jacket, synthetic fiberfill jackets or heavy shirt or warm wool sweater. A vest can work as a second layer to keep your core warm.	
Rain Parka *	1	A sturdy, roomy <u>waterproof</u> jacket with a hood. Coated nylon works well. It should fit comfortably over all upper-body layers. Water-resistant won't cover this. Ponchos not recommended. Be sure these fit over all of your layers for a cold, wet night.	
Long sleeve t-shirt	1-2	A lightweight nylon/polyester/Capilene T-shirt. We strongly do not recommend cotton for this trip. It will be cold when wet from rain or sweat.	
Sports Bra	1	Optional. Silk, Synthetic or none depending on your needs.	

Lower Body Layers

You will need 1-2 synthetic insulating layers. All must fit comfortably over each other so that they can be worn at the same time. If you tend to get cold easily, add a middle layer of mid-weight bottoms or fleece pants.

Equipment	#	Comments	Check List
Long Underwear	1-2	Light to Mid-weight long underwear bottoms made of wool, polypropylene or capilene. No cotton blends. These are important for being comfortable at night. Fleece pants are nice at night if you have them.	
hiking pants or athletic wind pants	1	Durable Nylon, wool or fleece pants that fit comfortably over your shorts and long underwear. Absolutely No Jeans .	
Rain Pants*	1	Sturdy, roomy <u>waterproof</u> pants. Coated nylon and fabrics are acceptable. Side zippers make it easier to put pants over hiking boots. Water-resistant won't cover this. Be sure these fit over all of your layers for a cold, wet night.	
Shorts	1	Loose fitting Nylon or quick-drying athletic shorts. These will be your bottom layer and will make adding and losing layers a snap.	

Head, Feet & Hands

Wool and synthetic materials work best as they are still insulating when wet.

Equipment	#	Comments	Check List
Boots	1	Sturdy, broken-in , medium – heavy weight, water proof or water-resistant backpacking boots with good ankle support (high to mid-tops). These are near impossible for us to get for you; so, please ask around. Break them in by wearing them for at least a few weeks prior to returning to campus.	
Socks, Wool	4 pairs	Ragg wool or wool/polypro blend. Keep 1 pair in your sleeping bag to stay dry and clean to sleep in. No Cotton.	
Liner Socks	2-3 pairs	Recommended to help avoid blisters. Use thin polypro or capilene “wick dry” or light wool socks under your hiking socks. No Cotton. Your feet are important to protect. Pamper them on the trail.	
Camp Shoes	1 pair	Old running, tennis or cross-training athletic shoes or Crocs work nice. Camp shoes <u>must be closed toe shoes</u> to protect your feet from injury. No tevas, sandals or flip-flops.	
Baseball cap or sun hat	1	To protect eyes and face from sun.	
Wool/Fleece Hats	2	One for hiking that can get dirty and sweaty and a second that stays in your sleeping bag and helps you sleep better during the cold nights.	
Wool/Fleece Gloves	2	It gets super cold at night –especially at higher altitudes. Gloves will be important. You will need your hands to function around camp. Mittens are also great.	
Eyeglasses/ Contacts	1	If you wear either of them, <u>bring back-ups</u> . Without them you may have to be evacuated from the trip.	

Highly Recommended Items

Equipment	#	Comments	Check List
Money		We will stop at a grocery store before hitting the highway on Sunday to allow folks to pick up food for the ride home.	
Briefs	1-2	Optional. You can carry extra pairs. If you bring cotton, have extra to change out of damp pairs. Other options are silk, synthetic or none. Men can go without underwear and just use shorts with liners. Women should use what's comfortable. Some women like to use panty-liners as well.	
Bandanas	1	Highly Recommended. Useful for lots of things	
Pack Cover	1	This is useful if you don't rainproof your bag well enough. Large Contractor and Compactor Bags with Ziplocks work just as well –these are extra strong trash bags.	
Lip Balm	1	Stick or cream moisturizing with SPF 15 or greater	

Optional Items

Bring a limited amount of these as it adds up quickly to make your pack extra heavy.

Equipment	#	Comments	Check List
Sleeping bag liner, overbag/bivy sack	1	If you sleep cold, Sleeping bag liner, overbag/bivy sack will increase the rating of your bag by 5-10 degrees.	
Sunglasses	1	They should protect your eyes from ultraviolet and infrared light. They should have a sturdy case.	
Wind breaker jacket or Anorak	1	A lightweight, breathable, durable nylon wind shell. Choose one that is durable or can handle the rigors of hiking. It should fit comfortably over all upper-body layers. Wind blows heat out of fleece and a shell helps a lot.	
Camera and Film		Be sure to have a good case and water proof it with sealable plastic bags	
Camelbaks	1	Super helpful and easy for keeping hydrated during summer hikes. You can have a sip of water without stopping. It's really nice.	
Fork	1	If you like options other than your spoon.	
Face cleanser pads/wet wipes		Nice for washing sweaty, dirty faces. Make a travel size in a ziplock bag.	
Small Musical Instrument		No bigger than a harmonica. Be sure to respect other campers in the area and keep noise levels down. Noise travels far at night.	
Carabineers		These are helpful for attaching things to your pack	
Fun Camp Stuff		Deck of Cards, Uno, the book of questions, a quote or poem to share.	
Personal Journal & Pen		Great for reflecting on your experiences at Brown and what you want in the year to come!	
Trekking poles	1-2	If you have them or need them, feel free to bring them. They are great at increasing stability and reducing the stress on your knees and back. It also reduces overall fatigue.	

Remember:

Cotton has a limited use for backpacking trips. It is cold when wet from sweat, rain, etc. Cotton socks are BAD for hiking. Your feet will get wet. Cold, wet feet = blister heaven.

Lastly, bring the essentials, but limit yourself on the extras and choose. You will have your gear and group gear to carry.

Ounces turn to pounds quickly in your packs and the goal is to keep your packs as light as possible.