

Equipment List

Learning to choose the appropriate gear is an important part of planning and preparing for an expedition. This list is intended to help give you an idea of the items you will need in order to have a successful course.

If you have any questions or concerns about the items on this list, please feel free to contact us by phone at 618-453-1121 or visit our website at <https://ton.siu.edu/>

Upper Body Layers	
<p>It is recommended to use a layering system where varied pieces of clothing are worn to achieve optimum body temperature control. The upper body garments listed here are either synthetic garments which retain their insulating properties even when wet, or nylon or Gore-Tex layers which help prevent heat loss by cutting wind, rain, and snow. You will need 2-3 insulating layers, plus a wind and a rain layer. All must fit comfortably over each other so they can all be worn at the same time. Your top insulating layers must be fleece, wool, Capilene, or an insulated jacket with a zipper.</p>	
Equipment	Notes
Required Items	
T-Shirt	To wear on warm days. We recommend synthetic or wool shirts, since they dry quickly. This is not one of your insulating layers.
Base Layer (mid-weight synthetic) (1-2)	Lightweight long-sleeve top of polyester, Capilene or wool.
Top Insulating Layer (fleece or insulated jacket)	A heavy weight, full-length zip fleece jacket or insulated jacket that is lightweight. An insulated jacket is preferred.
Rain Jacket	Gore-Tex or other laminates are recommended. Coated nylon or waterproof breathable jackets and parkas are acceptable. Ponchos are unacceptable.
Wind Shirt	A lightweight, breathable, nylon wind shell either anorak or full-zip style. This must be large enough to fit comfortably over the 3 insulating layers. A Gore-Tex jacket will double as a wind shirt.

Lower Body Layers	
For your lower body, you'll need two insulating layers plus a wind or a rain layer. The layers should fit comfortably over each other.	
Equipment	Notes
Required Items	
Underwear/ Sports Bras (2)	Women's briefs and sports bras and men's briefs or boxers in Capilene or wool are recommended. Women should bring 1-2 pairs of cotton briefs as well.
Hiking Shorts	Loose fitting nylon athletic or river shorts. No cotton.
Base Layer (mid-weight synthetic)	Light or mid-weight bottoms of high performance polyester, Capilene, or wool.
Rain Pants	Coated nylon or Gore-Tex rain pants. Gore-Tex pants may double as rain/wind pants.
Head, Neck, and Hand Layers	
Equipment	Notes
Required Items	
Baseball Cap or Sun Hat	Necessary for sun protection of your face and ears.
Wool or Fleece Hat	A warm hat made of wool or fleece.
Fleece/Wool Gloves	Warm gloves made of fleece or wool.
Optional Items	
Mosquito Head Net	A light nylon head net
Footwear	
Equipment	Notes
Required Items	
Hiking Boots/shoes	Sturdy footwear for a variety of environments and conditions. If buying new boots be sure to break them in before attending the course!
Wool Socks (3-4)	Crew length. Socks must be heavy wool or wool/polypropylene blend. Wigwam and Smartwool are good choices.

Optional Items	
Gaiters	Shin- or knee-high, durable, for keeping dirt out of your boots. Lightweight trail-running gaiters are not recommended.
Sleeping Gear	
Equipment	Notes
Required Items	
Sleeping Bag	We recommend synthetic–insulated mummy bags approximately rated 30 °F. If opting for down make sure you can keep it dry.
Compression Stuff Sack	A large compression stuff sack for your sleeping bag.
Sleeping Pad	A full-length closed cell foam pad to insulate and pad beneath your sleeping bag.
Packs and Bags	
Equipment	Notes
Required Items	
Backpack	Packs should have a capacity of at least 40 liters. Packs will carry all clothing, food and gear you will need for the day.
Miscellaneous Items	
Equipment	Notes
Required Items	
Insulated Mug	A 12 oz. to 20 oz. insulated mug with lid or 16 oz. Nalgene water bottle.
Bowl	A bowl (approx. 3 cups volume) with a snap-on lid. Re-sealable Tupperware type containers work great.
Spoon	Lexan spoons are light and durable.
Hydration System (2)	At least 2 liters (64 oz.) carrying capacity is required. Must have one water bottle. We recommend the other be a Camelbak or the MSR Hydromedary bag with 64 oz. capacity. Two water bottles are okay.
Waterproof Bag Liners	Plastic trash compactor bags are sturdy and work well.

Lip Balm (1-2)	We recommend SPF 30 or greater.
Sunscreen	4-ounce tube with SPF 30 or greater.
Sunglasses	Lenses should be dark and 100% UV resistant. You need a sturdy case and retainers (i.e. Chums or Croakies). If you have prescription lenses and have limited visibility without them, bring your own or look for a good quality polarized clip-on.
Bandanas (1-2)	Useful for a variety of purposes.
Prescription Glasses and Contact Lenses	Bring spare glasses or contact lenses. Contact lens wearers should consider bringing a pair of glasses as backup.
Headlamp	LED headlamp preferable.
Batteries	Extra for your headlamp
Personal Hygiene Articles	Toothpaste, toothbrush, etc.
Notepad	A small, lightweight pad is fine.
Pen or Pencil (1-2)	Bring some spares.
Watch	Water-resistant. Alarm and light features are helpful.
Our advice? Keep your toiletries to small sizes. We work to keep our pack weights as low as possible. Saving every ounce is essential!	
Optional Items	
Coffee	Bring if you enjoy coffee for yourself in the morning.
Vitamins	Some students bring a multivitamin to supplement the diet.
Camera	Compact camera with protective case. No heavy lenses/elaborate set-ups.
Buff	Bufs are synthetic pieces of multi-functional headwear (hat, bandana, neck gaiter, etc.) that many instructors use on courses.
Insect Repellent	A small bottle or tube. No aerosol spray cans.