



PACKING LIST: *Alpine Backpacking Expedition*

Welcome to MWS! We look forward to helping you prepare for your expedition. Please take the time to read the following information before making any equipment purchases. Proper equipment selection is an essential backcountry skill and is critical to enjoying your expedition.

EXPEDITION GEAR

In an effort to keep costs down for students and their families, **MWS provides all the technical equipment for your expedition (e.g, backpacks, sleeping bags, sleeping pads, shelters, group cooking gear, and any climbing or paddling equipment).**

If you do have some of your own outdoor gear, feel free to bring it - your instructors can help you decide whether to take it with you or use MWS gear. Anything you don't take into the field will be locked away and secured while you're away!

PERSONAL GEAR

We ask students to provide - if possible - the "Clothing" and "Personal Gear" items listed below! **If you don't have some of these clothing items, we have a large supply of clothing and footwear available for use!** We encourage you to bring the pieces you already have at home.

If you have questions about buying any of these items, please reach out to us! We know that buying new clothes and gear can be overwhelming, and we're always happy to offer advice and recommendations.

FOOTWEAR

- 1 Pair **Sturdy Backpacking Boots or Light Mountaineering Boots**
 - "Light hikers" and tennis shoes will not be accepted, as they lack sufficient ankle support for off-trail travel with heavy packs
 - **Stiff, mountaineering style boots or above-ankle boots strongly recommended**
 - Full-shank (metal or plastic) preferred for stability

- 1 Pair **Camp Shoes**
 - Must be closed toe
 - Lightweight tennis shoes work best; Crocs© with no holes OK and recommended

- 4 Pairs **Hiking Socks**
 - Synthetic or wool
 - Bring a few pairs of "medium thickness" and one extra thick pair for sleeping
 - No cotton, please

- 2 Pairs **'Liner' Socks (OPTIONAL)**
 - Synthetic or silk



CLOTHING

General Notes

1. **Please do not bring cotton or cotton-blend items** as they are not appropriate for wet weather conditions and perspiration. This includes jeans and cotton hoodies, which become cold and very heavy when wet. Many cities have second hand sports stores which are great places to find high quality, affordable poly-pro/synthetic or technical wool clothing.
2. Mountain mornings and evenings will be chilly, and you may be hiking across a bit of snow in places. **Please bring plenty of warm layers, and extra socks.**

TOP LAYERS

- 1 - **Long Sleeve Shirt / Sun Hoodie**
 - Synthetic or technical wool - like Under Armor©
 - Hooded is essential for sun protection on this course!
- 1 - **Short Sleeve Shirt (or 2nd Long Sleeve)**
 - Synthetic or technical wool - like DriFit©
- 1- 2 - **Mid Layer Fleece**
 - Synthetic fleece or wool OK, no cotton please
- 1 - **Warm Insulating Jacket/Puffy**
 - Essential for cool mornings and evenings
 - Down (puffy) or synthetic fill OK
 - No ski or full winter coats, as these are too heavy for backpacking
- 1 - **Raincoat**
 - Must be 100% waterproof and not 'water-resistant'
- 2-3 - **Sports Bras**
 - For athletic support
 - Synthetic or silk are best; can double as swimwear

BOTTOM LAYERS

- 1 Pair - **Shorts**
 - Comfortable, quick-dry nylon preferred to baggy athletic shorts
 - Can double as swimwear!
- 1 Pair - **Hiking Pants**
 - Full length, comfortable & quick-dry nylon preferred
 - No jeans
- 1 Pair - **Long Underwear Base Layer or "Long Johns"**
 - Synthetic, technical wool or silk
- 1 Pair - **Mid Layer Pants**
 - Medium fleece for cold weather/camp wear
- 1 Pair - **Rainpants**
 - Must be 100% waterproof, breathable recommended
 - Need to fit over top of other bottom layers
 - Side zip cuffs recommended to be able to put these on over boots



- 3 Pairs - **Underwear**
 - **Cotton OK**, but synthetic recommended

HEAD/HANDS

- 1 - **Baseball or Bucket Hat** for shade
- 1 - **Warm Hat or Beanie** for warmth
- 1 Pair - **Sunglasses + Retainer**
 - Sunglasses should be 100% UV protecting
 - Chums© or Croakies© style retainer required so they won't get lost
 - If you use prescription eyewear, please bring prescription sunglasses or purchase a quality pair of clip-on lenses (common in sporting goods stores)
- 1 Pair - **Medium Weight Gloves**
 - Wool or synthetic
 - No ski mittens, please
- 2 - **Bandanas**
 - Helpful for hygiene and washing, as well as sun protection
 - Cotton OK
- 1 Pair - **Shell Mittens** (OPTIONAL)
 - Should be 100% waterproof

PERSONAL GEAR

TOILETRIES

- Toothbrush & Small Toothpaste** (travel size only)
- Feminine Supplies:** please bring 1 week's supply of tampons/pads/etc, as changes in altitude, diet and fitness can unexpectedly induce menstruation
- Lip Balm:** stick or tube moisturizing balm, SPF 15+
- Prescription Glasses/ Contact Lenses**
 - Remember your contact lens solution in a small travel case to reduce weight
 - Please bring a spare pair of eyeglasses or extra contacts if you have them, as these are easily lost on course
- Prescription Medications*****
 - Bring enough supply for the duration of your expedition
 - If you use an inhaler for asthma, bring 2 inhalers on expedition

***Please label your prescription medications, and triple-check correct amounts before leaving home and update enroll@montanawildernessschool.org if there are any changes in prescription/dose since submitting your application.*



OTHER

- Set of Trekking Poles** (MWS will provide at least one pole if you don't have a pair)
- Gaiters** - to keep snow and debris out of your boots
- Small Headlamp** - Bring extra batteries!
- Watch** - Choose one with an alarm function if possible
- Small Bottle of Insect Repellent** (non-aerosol)
- Small Tube of Sunscreen** 3-6 oz, zinc-based & Sun Protecting Factor (SPF) 15+

OPTIONAL

- Camera** w/ waterproof bag or box
- Small (Paperback) Book** to read and share with others (tablet / Kindle© discouraged)
- Small Hairbrush or Comb**
- \$20-40 Cash** for additional MWS swag

RESUPPLY GEAR

This course includes a 'resupply' day, where a support crew will bring meal rations, fuel, and supplies to the expedition team. While not required, this is a great opportunity for students to pack away a couple of extra things to enjoy at the halfway mark of the expedition. We recommend:

- 1 Pair Extra Underwear
- 1 Pair Extra Socks
- 1 Extra Long Sleeve Shirt

MWS-SUPPLIED EQUIPMENT *

In an effort to keep costs down for students and to supply quality gear equally between all participants, **MWS provides the items below for all expeditions:**

- Backpacks (or waterproof bags & daypacks for paddling courses)
- Tents and Shelters, Sleeping bags, and Sleeping pads
- Bear Spray & practice canisters
- All Cooking Gear: stoves, fuel, pots, and assorted cooking utensils
- All Technical Gear (depending on expedition type: climbing gear, harnesses, helmets, ropes, ice axes, or paddling gear: packrafts, canoes, paddles, life-vests, paddling helmets & special gloves)
- All Navigation Gear: maps, compasses, GPS
- First Aid Kits & Repair Kits
- Mosquito Head Net for each student
- Mugs, Bowls, and Spoons for each student
- Water Treatment and Hand Sanitizer
- Sanitary Bags and Wet Wipes
- 2 Water Bottles
- Journals & Pencils

*If you have your own personal items in any of the above categories, please feel free to bring them along to your course launch. If your instructors feel the MWS equipment is better suited to your expedition, we'll lock your personal equipment safely away until your return. Exceptions worth noting here are tents, cooking gear, and first aid/repair kits - MWS likes to supply these for you, and we'll ask you to leave those items at home.