



PACKING LIST: *Rock & River Adventure*

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 **Tennis Shoes**
 - These will be worn on the paddling section of expedition (they will get wet)
 - Paddle-specific shoes are great if owned already (e.g., Astral©) but not necessary
 - Must be closed toe; **Chacos will not work, as they leave toes open to injury**
 - No waterproof footwear, as we'll be submerging feet continuously

- 1 Pair **Sturdy Backpacking Boots**
 - For the backpacking & rock climbing section of expedition
 - "Light hikers" will not be allowed, as they lack sufficient stability and ankle support
 - Half or full-shank preferred

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

- 1 Pair **Climbing Shoes (only if you have some already)**



- 4 Pairs **Hiking Socks**
 - Synthetic or wool
 - Bring a few pairs of “medium thickness,” and one heavy thickness 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. Expect chilly mornings and evenings while in the mountains! **Please bring plenty of warm layers and appropriate socks.**

TOP LAYERS

- 2 - **Long Sleeve Shirt / Sun Hoodie**
 - Synthetic or technical wool - like Under Armor©
 - Hooded is best for sun protection!
- 1 - **Short Sleeve Shirt**
 - Synthetic or technical wool - like DriFit©
- 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/bulky to pack
- 1 - **Raincoat**
 - Must be 100% waterproof and not 'water-resistant'
- 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
 - Board shorts work well, with the option to add long underwear underneath for warmth
- 2 Pair - **Hiking Pants**
 - **Climbing-specific are nice, but not required**
 - Full length, comfortable & quick-dry nylon preferred
 - No jeans



- 2 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**

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 - **Thin Gloves**
 - Wool or synthetic
 - No ski mittens, please
- 2 - **Bandanas**
 - Helpful for hygiene and washing, as well as sun protection
 - Cotton OK
- 1 Pair - **Paddling Gloves** (OPTIONAL)
- 1 Pair - **Rope Gloves** (OPTIONAL) - leather gloves for handling ropes

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 (+ Retainer)/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

- Trekking Poles** (MWS will supply at least one if you don't have a pair)
- Small Day Pack** (simple string pack or < 30 liters - for day trips!)
- 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+
- Personal Climbing Gear** (if owned)
 - Harness, shoes, helmet, etc
 - MWS Staff will inspect all personal equipment and decide whether or not equipment is up to industry standards and appropriate for use on course. Anything not used will be safely locked away, and we will provide suitable replacements.

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/Sports Bra
- 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
- Water Bottles

* 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.