

LA VIDA EQUIPMENT LIST

Read this packet completely before you shop!

These sheets should be used as a checklist and guide as you pack for your La Vida Expedition. Please be sure to pack all of the items stated below. The Adirondack Park rangers and over 40 years of La Vida experience in the Adirondacks endorse this list. Your comfort and safety depend on the quality of your equipment. The temperatures may be very different between the different months. Be prepared for cold and rain. Temperatures from June through August can range from the 30s at night to the 80s during the day, and teens to 70s in May. There may also be snow in the higher elevations, especially in May. You will carry everything you bring/need on the expedition as well as shared group equipment and up to eight days of food. All items on this list, if followed correctly, should fit into a backpack. Please don't bring extra or unneeded items that take up space and add weight.

Feet

- ___ 1 pair boots (mountain patrols) that have plenty of ankle support—high-top leather or leather/nylon are best
- ___ 1 pair running shoes for climbing, ropes course, walking around camp, etc. (rubber soles best for climbing)
- NOTE: Canoe/kayak patrols should bring one pair of lightweight hiking boots with good ankle support for portaging and one pair of old sneakers or water shoes that can be worn in the water when loading boats
- ___ 3 pairs heavy rag wool, polypropylene or Merino wool socks
- ___ 3 pairs light wool, polypropylene or silk liner socks (cotton may be an okay substitute for 1 pair in August)

Lower Body

- ___ 3–5 pairs underwear (recommendation: 1 of the pairs could be a pair of nylon shorts)
- ___ 1 pair warm, wool or synthetic fleece pants
- ___ 1 pair loose-fitting, rugged pants for warmer days—no jeans! (nylon/cotton blend is best; zip-off pants are recommended)
- ___ 1 pair long underwear bottoms (polypropylene, Capilene, thermax, fleece, etc.; mid-weight suggested for May)
- ___ 1 pair hiking shorts (nylon is best; nylon/cotton blend is good; cotton is okay for warmer days, especially in August)

Upper Body

- ___ 3 T-shirts (2 should be polypropylene or nylon/cotton blend for colder days; only one can be cotton for warmer days)
- ___ 1 long underwear shirt (polypropylene, Capilene, thermax, fleece, etc.; mid- to heavy-weight suggested for May)
- ___ 1 long-sleeved wool or synthetic fleece shirt (heavy-weight especially for May and June)
- ___ 1 warm, long-sleeved wool or fleece sweater/jacket
- ___ 1 warm jacket/coat (optional for August trip, recommended for June/July and a must for May!)
- ___ 1 raincoat or rain suit (nylon or GORE-TEX); must be able to be packed without too much bulk; pants are not required but helpful, especially in May (NOTE: fleece does not count; plastic suits are not allowed)

Hands And Head

- ___ 1 wool or fleece stocking cap that covers the ears (not cotton); thicker and warmer ones needed for May
- ___ 1 pair light gloves or mittens (wool or fleece, not cotton); thicker and warmer ones for May
- ___ 1–2 bandannas

Miscellaneous Gear

- ___ \$20 for equipment deposit (see later explanation)
- ___ \$20 for food during travel to and from New York Base Camp
- ___ 2 water bottles (32 oz.); sport drink bottle with screw cap is acceptable (Nalgene™ or Camelbak™ bottles are best)
- ___ 1 small flashlight or headlamp and extra batteries (pack batteries reversed so it won't turn on in your pack)
- ___ 1 small- to medium-sized durable Bible in a ZIPLOCK bag (New and Old Testament is best)
- ___ 3 large garbage bags plus 10 large and 5 small freezer ZIPLOCK bags (no slide locks; original closing is best)
- ___ 2 pens or pencils
- ___ 1 baseball cap or visor (NOTE: especially needed for canoe and kayak patrols)

Toiletries

- ___ 1 small toilet kit (travel sizes)—toothbrush/paste, non-scented wipes, extra glasses, contact lens supplies, hand sanitizer, lip balm
- ___ 1 package of moleskin (if you have new, stiff, heavy-duty boots)
- ___ 1 small tube of sunscreen with high SPF (NOTE: especially needed for canoe and kayak patrols)
- ___ 1 small bottle of insect repellent, stick or liquid (no aerosol cans)
- ___ Any medication prescribed by a doctor (medications are carried in the first-aid kit and dispensed by instructors)
- ___ BEE STING KIT if any possibility of having a severe allergic reaction to stings or food products

ADDITIONAL EQUIPMENT NOTES

Optional Equipment

Camera, harmonica/recorder, sunglasses, small hand towel, pack cover, biodegradable soap (a small amount for hand-washing), jackknife (if you already own one; everyone does not need one; no sheath knives or hatchets), nylon swimsuit (one-piece or tankini for women), travel clothes to be left at the Base Camp for the ride home, good running shoes for the final run (may also be left at the Base Camp during the trip), instant coffee, nylon drawstring-style backpack (useful for shorter hikes), camp chair ("Crazy Creek" style recommended), gaiters. Additional items for May: mittens, glove/mitten shells, fleece vest.

Labeling Personal Items

Be sure to label all personal gear with your first and last names. It is not unusual for clothing and other personal items to get mixed up or lost, especially during transit to and from the La Vida Base Camp. Labeling your personal items will allow the La Vida office to get your gear back to you in case of a mix-up.

Women

Every female participant should bring tampons, non-scented baby wipes, two or three ZIPLOCK bags and a small (approximately 5 X 7 inch) stuff sack for feminine hygiene. It is a very good idea to bring all of these things even if you think you won't need them. For your convenience, La Vida provides **stuff sacks at cost for \$3**.

GEAR LA VIDA PROVIDES

La Vida provides all group gear as well as the following personal gear items: sleeping bag, stuff sack, foam pad, backpack, a water bottle, bowl, spoon, bug net, whistle, ground sheet, solo tarp/strings and a dry bag for canoeing or kayaking. What follows is a description of the type and quality of gear that La Vida provides. Participants who wish to purchase additional clothing/equipment or rent rain gear must indicate so on their *Confirmation Form*.

One sleeping bag with stuff sack: A three-season synthetic fill bag, rated at 25°–35° Fahrenheit. (15°–20° for May), with a nylon stuff sack for storage.

One closed cell sleeping pad: A full length 3/8–1/2-inch-thick Ensolite foam pad to provide insulation from the ground and padding for more comfortable sleeping.

One backpack: An internal frame pack, 5,000–6,000 cubic inches for backpacking or canoeing. We also supply waterproof kayak bags for kayaking patrols.

A water bottle: This is a one-quart plastic water bottle with a leak-proof cap (not a biking bottle).

One bug net: Nylon with no-see-um proof netting is best.

Glasses Or Contacts

Be sure to bring an extra pair of glasses to serve as backup to your first pair of glasses or contacts. If you are planning to bring contacts, pack an extra pair and plenty of solution.

What Not To Bring

You will not need shampoo, deodorant or make-up. Do not bring cotton clothing, especially jeans. Do not bring cell phones, iPods, CD players, other valuables, etc. If a cell phone is necessary for transportation information at the end of the trip, it will be left at the Base Camp throughout the expedition.

Equipment Security Deposit

Each student checking out La Vida gear must pay a **\$20 equipment deposit**. If all equipment is returned in satisfactory condition, the deposit will be returned before the group starts back to Gordon from the La Vida Base Camp. The cost of any lost/damaged individual or group equipment will be taken out of this fee.

Gear For Sale*

La Vida has the opportunity to order a variety of clothing and equipment items at wholesale costs from certain vendors. If you are interested in purchasing any of these items through La Vida, visit www.gordon.edu/lavidagear to browse the selections and place your order.

*This offer is for Gordon College students only

One emergency whistle: With high-decibel sound (not a coaching type whistle).

Optional gear provided: A limited supply of wool or fleece pants and sweaters, used boots and wool hats are also available through La Vida. The wool pants that La Vida issues should only be used for hypothermia prevention in extreme conditions. (They are carried in a Ziplock bag and are not for everyday use.) You must have your own clothing for everyday use. There is a **\$2 cleaning fee** for any borrowed wool or fleece clothing (this fee can be deducted from the security deposit).

Those who don't have a rain jacket can **rent one for \$3** (this charge can be deducted from the security deposit).

USE OF OWN GEAR

Students may bring and use their own gear while on a La Vida Expedition if they wish. However, the quality of that gear must be equal to or better than the equipment La Vida issues, and it must fit well and be in good repair. The wilderness is no place to experiment with untested or low-quality gear. La Vida reserves the right to require use of La Vida gear over a student's personal gear if we feel a particular piece does not meet appropriate standards.

LA VIDA EQUIPMENT RATIONALE

The La Vida Equipment List is based on over 40 years of experience. You should be quite comfortable in any situation if you bring all the gear on this list. You should not bring other items.

Day temperatures usually range 50°–80° F. In higher elevations, at night or during local storms, temperatures may drop to 30° F. The May trip can be quite a bit colder. The area often receives a significant amount of precipitation. Since you can never be sure what the weather will be like, you need to bring a range of clothing for various conditions. By having a variety of layers of clothing, you can adjust your layers to suit your activity level and the weather conditions.

Equipment Philosophy

The focus of the La Vida Expeditions is on the inner person and on living simply, so equipment should be functional, dependable and lightweight. The focus will not be on what you look like, smell like or how greasy your hair gets but what you contribute to the group in terms of character, gifts, faith, commitment, etc. Therefore, things like makeup, deodorant, shampoo, etc., which add weight and take up room in the packs, are not allowed. Remember, patrols carry or paddle all their personal and group equipment. Part of a La Vida Expedition is to realize that you don't need fancy gear and things to be a whole person, and it is freeing not to worry about your appearance on a program like La Vida. We recommend a small (trial size) bottle of biodegradable soap to keep clean for sanitary reasons, but shampoo for hair will not be necessary. Earth tones are best since we want to blend into the natural setting and not stand out. If you need to buy anything, think functional and durable.

Fabrics: Synthetics such as polyester, fleece, polypropylene, Capilene, nylon, silk or wool products should be selected over cotton clothing. Many of these synthetics absorb little or no water, whereas cotton will absorb 80% of its weight in water (the reason jeans are not allowed—if jeans are at all tight they also make hiking, climbing, and ropes courses much harder, requiring the use of more energy). Also, unlike cotton, synthetics and wool wick moisture away from the body and insulate even when wet. Check the label and get a high percent synthetic or wool. Cotton loses its ability to insulate when wet, especially in cooler outdoor weather.

Lightweight hiking boots: One of the most important pieces of equipment you will bring. The fit is very important! For mountain patrols, boots should extend above the ankle and be either leather/fabric or all-leather with lug soles for traction. Boots should be waterproofed and fit comfortably with two pairs of socks (a light synthetic liner sock and a heavy wool sock). Make sure boots are broken in before you arrive; otherwise your feet will pay the price. Boots not broken in will invariably cause chafing and blisters. Leather/ nylon boots that extend over the ankle are sufficient for an expedition and loads of 40–60 pounds. All-leather boots are more waterproof and last longer, though are generally heavier and more expensive.

Running shoes, sneakers: Shoes for rock climbing, walking around camp and the final run. Chaco or Teva-type sandals are allowed on water patrols but not while portaging or cooking. Croc style shoes can be worn around the campsite during trips, but cannot be worn while cooking. Open-toed sandals or Croc style shoes do not give sufficient protection for your feet while cooking, hiking or portaging.

Socks: The sock layer is actually two layers. You should wear a lightweight synthetic liner sock against your foot, which helps pull moisture away from your foot. On top of this you should wear a wool/nylon-blend hiking sock. People wonder why you should wear a wool sock with summer heat. Since wool doesn't absorb water, it passes the moisture from your foot outwards, keeping your foot dryer. If feet stay damp, they get wrinkled and are more prone to blisters. Having two sock layers means that your socks will slide against each other so the friction from your boots is between the sock layers, not against your skin (friction against the skin leads to blisters). Do not bring cotton socks on a La Vida Expedition (when they get wet, they stay wet and become very uncomfortable). Socks with cushioning (rag wool) with at least 15 percent nylon are very comfortable.

Rain jacket: Avoid rubberized or canvas jackets; they are too heavy and will be hot and sweaty. Avoid plastic rain coats/suits; they are too weak and will tear. Coated nylon is recommended. The rental fee for La Vida raincoats is \$3.

Insect repellent (no aerosols): Repellents with high concentrations of DEET may be hazardous to your health (do not use products with more than 35 percent DEET, or use a non-DEET repellent).

Sunglasses: Dark polarized lenses with a lanyard are suggested (especially helpful on canoe/kayak patrols).

Sleeping bags: A three-season synthetic fill bag (Polarguard, Primaloft, Hollofil, Quallofil) is best for a La Vida Expedition. Sleeping bags should have a nylon shell both inside and outside. Lining your stuff sack with a sturdy plastic bag will give you added protection from water. Don't bring cotton bags or bags with cotton outer shells. They will not keep you warm and cannot be dried if they get wet. Bags should be rated at 25°–35° Fahrenheit. (15°–20° for May)

Sleeping pads: Full length 3/8–1/2-inch-thick closed cell Ensolite or inflatable Thermarest™ type pads are great. They provide both padding and insulation from the ground.

One backpack or internal canoe pack: Packs should have padded shoulder straps and hip belt. Internal frame packs should be 5,000–6,000 cubic inches and may be used for mountain or canoe patrols. External packs should have 3,000–4,000 cubic inches of volume and can only be used for mountaineering. Be sure either pack fits well and all straps and zippers work.