

GEAR LIST FOR EAGLE CLAW 2010

Use this guide as you pack. Remember to keep it light, as you will have to carry it all with you, plus food, water, and patrol equipment (Whisperlite cook kit, fuel tank, tent, MSR water filter, trowel, water bag). We recommend clothes, cameras, etc. be in waterproof Zip-loc bags. The equipment listed below, including the Patrol equipment, food and water can weigh no more than 1/3 of your weight. If you weigh 120 pounds, your loaded pack should weigh no more than 40 pounds. Your food and water will weigh approximately 15 pounds with your Patrol equipment weighing another 5 pounds. Your trip will definitely be more enjoyable if you keep your load light.

REQUIRED PERSONAL GEAR

- BACK PACK (with padded hip belt & shoulder straps)
- BACK PACK COVER
- 20-25 degF SLEEPING BAG - LIGHTWEIGHT BACKPACKING STYLE
- GROUND PAD (closed cell or self-inflating)
- BACKPACKING TENT, WITH GROUND CLOTH, & STAKES
(tent assignments will be made @ Orientation - tentmates divide the load)
- 1 QT. LARGE MOUTH NALGENE WATER BOTTLE
- HYDRATION BLADDER (Camelbak, Platypus, etc.)
- HEAD-LAMP & BACK-UP FLASHLIGHT w/spare batteries
- LIGHTWEIGHT PLASTIC CUP, BOWL, SPOON
- PERSONAL FIRST AID KIT (band-aids, blister pads, towelettes, insect bite treatment)
- PERSONAL TOILET ITEMS (tooth brush, toothpaste, comb - in small bag)
- TOWEL (backpacking type)
- 1/3 - 1/2 ROLL OF TOILET PAPER IN ZIP-LOC BAG
- 1 oz HAND SANITIZER
- COMPASS
- SMALL LOCKING-BLADE POCKET KNIFE (3" blade maximum)
- GARBAGE BAGS (2)
- ZIP-LOC BAGS, 1 GALLON (16 bags)
(use for storage of food, clothes, or trash)
- INSECT REPELLENT (hopefully you won't use it, but if there are bugs, you will need it)
- 1-2 OUNCE SUN SCREEN (SPF-15 minimum)
- CHAP STICK OR LIP BALM
- MEDICINE - TRAVEL SIZE (will be checked in with Medical Officer)
- 25' OF 1/8" NYLON ROPE OR PARACHUTE CORD
- WORK GLOVES (for trail project)
- TIME PIECE (wristwatch or other device to make sure you are on time for activities)
- TEAM SPIRIT (important, and doesn't weigh much)
- PERSONAL MONEY (\$20-\$30 for travel stops)
- A SENSE OF HUMOR (this might even lighten your load)
- ENTHUSIASM (important and doesn't weigh much)
- WATERPROOF STUFF SACK for food storage & hanging
(13L Sea to Summit Sil-Net roll top closure or equivalent)

REQUIRED PERSONAL GEAR PROVIDED BY EAGLE CLAW

- EAGLE CLAW HANDBOOK, BANDANA, MAPS & PEN
(duct tape will be wrapped on pen @ orientation)

OPTIONAL PERSONAL GEAR

- TREKKING POLES OR WALKING STICK (optional)
- PERSONAL FREE TIME ACTIVITIES (optional)
book, Hacky Sack, Frisbee, cards, fishing tackle
- CAMERA & FILM (optional)
- SUN GLASSES (optional)
- FANNY PACK (optional)
- DRY-N-WIPES small package (optional)
- WHISTLE (optional)
- ELECTRONIC DEVICES (it's best to forget them, but if you do bring them, they will be left on the bus, which is unsecured)

REQUIRED BACKPACK CLOTHING

- PONCHO OR RAIN GEAR (Nylon, Goretex, or Frog Toggs)
- HAT OR CAP WITH BRIM (for sun protection)
- OFFICIAL EAGLE CLAW TEE SHIRTS (2 provided)
Must be worn for all travel and assemblies
- LONG NYLON OR WOOL PANTS (prefer convertible)
(one to wear and one to change into)
- LIGHTWEIGHT HIKING BOOTS (broken in)
- WOOL OR SYNTHETIC SOCKS (1 to wear and 1-2 to change into)
- SANDALS, WATER SOCKS, CROCS, WALDIES
(for around camp and stream crossings)
- POLYPROPYLENE OR NYLON UNDERWEAR
(one to wear and two to change into)
- LONG SLEEVE SHIRT
- LIGHTWEIGHT FLEECE OR WOOL JACKET
- NYLON WIND BREAKER

OPTIONAL BACKPACK CLOTHING

- STOCKING CAP
- LIGHTWEIGHT THERMAL UNDERWEAR
- EXTRA SYNTHETIC OR 50/50 TEE SHIRTS
- CAMP SHORTS

REQUIRED PATROL GEAR PROVIDED BY EAGLE CLAW

- COOK-KIT (pan & lid, stove, handle, dishtowel)
- FUEL TANK
- WATER FILTER
- WATER BAG
- TROWEL
- TRAIL TOOLS (varies according to the trail project)

BUS TRAVEL BAG

- DEODORANT
- SOAP
- SHAMPOO
- TOWEL
- PANTS OR SHORTS
- SOCKS
- UNDERCLOTHES
- SWIMWEAR
- PHOTO ID (required for admittance to Ellsworth AFB)