

# CALIFORNIA: URBAN & WILDERNESS SERVICE

## CLOTHING & EQUIPMENT LIST

### CLOTHING

- 2 PAIRS of PANTS (for Service)
- 3 PAIRS OF SHORTS – at least 1 should be SYNTHETIC/QUICK-DRY SHORTS/BOARD SHORTS\*
- 7-8 T-SHIRTS OR TANK TOPS – at least 2 should be SYNTHETIC/QUICK-DRY T-SHIRTS\*
- 1 LONG-SLEEVED T-SHIRT
- 1 LONG-SLEEVED LIGHTWEIGHT SHIRT (for service projects)
- 7 PAIRS of UNDERWEAR
- 2 WARM FLEECE OR DOWN JACKETS\*
- 1 PAIR FLEECE PANTS/SWEATPANTS (for the mountains)
- 1 RAIN JACKET\*
- 1 LIGHT WOOL OR FLEECE HAT\*
- 2 BATHING SUITS
- 1 SET “TOWN” CLOTHES (1 PAIR OF KHAKIS OR JEANS, SWEATSHIRT)
- 1 PAIR OF PAJAMAS (or preferred sleepwear)

### FOOTWEAR

- 1 PAIR CHACOS, TEVAS OR RIVER SANDALS WITH HEEL STRAP (non-Velcro is better)\*
- 1 PAIR LOW HIKING SHOES, TRAIL RUNNING SHOES OR STURDY SNEAKERS (which can also be used for service work)\*
- 3 PAIRS OF SYNTHETIC HIKING SOCKS\*
- 4 PAIRS OF REGULAR SOCKS

### BEDDING

- SLEEPING BAG (30 degrees or colder)\*
- COMPRESSION SACK FOR SLEEPING BAG\*
- SLEEPING PAD\*

### LUGGAGE

- BACKPACK OR LARGE DUFFEL BAG (4,500 - 5,000 cubic inches)\*
- DAYPACK\*

### ACCESSORIES

- 2 BATH TOWELS or QUICK-DRY TRAVEL TOWEL\*
- HEADLAMP AND 1 SET OF EXTRA BATTERIES\*
- TOILETRIES (shampoo, conditioner, soap, toothpaste, etc. in small bottles)
- CUP, BOWL, SPOON, FORK (plastic– labeled with student name)\*
- SUNSCREEN
- SUNGLASSES PLUS CROAKIES\*
- VISOR/BASEBALL CAP
- WATCH w/ ALARM (cell phones and other wifi devices will be collected and not available to use as an alarm)\*
- PENS (for journaling and activities)
- 2 WATER BOTTLES (Nalgene-style) or CAMELBAK + 1 WATER BOTTLE\*
- SPENDING MONEY (\$75 per week recommended)

### FORMS AND DOCUMENTS

- PHOTO ID FOR TRAVEL
- AIRPORT MEETING INFORMATION FORM

### OPTIONAL

- CAMERA, MEMORY CARD & CAR CHARGER (OR EXTRA BATTERIES)\*
- 1 PAIR FLIP FLOPS
- JOURNAL/NOTEBOOK
- CRAZY CREEK CHAIR\*
- WORK GLOVES (for service projects)
- TRAVEL PILLOW\*
- CAMP SHOES\*
- INSECT REPELLENT WITH 20-35% DEET\*

**\*Please reference the Clothing & Equipment Glossary for more information on these items.**

# CALIFORNIA: URBAN & WILDERNESS SERVICE

## CLOTHING & EQUIPMENT GLOSSARY

Clothing packed for your ARCC program will keep you comfortable throughout the varied weather conditions we encounter. It is essential that you follow the list as closely as possible. We emphasize using a layering system while living in the outdoors. Layering well and attending to small changes in temperature and exertion will result in much more comfort than you ever thought possible. You can add or subtract clothing to control a comfortable body temperature for yourself. The synthetic materials suggested are chosen for their insulation (even while wet), their warmth and their light traveling weight. Keep in mind, once cotton is wet it will not keep you warm or act as an insulator against the cold.

**NOTE: This glossary is a supplement to your Clothing & Equipment List. Please see your Clothing & Equipment List for a full list of necessary items.**

### **CLOTHING**

**SYNTHETIC/ QUICKDRY SHORTS:** These shorts are 100% synthetic and are able to keep you warm when they are wet. They also dry much more quickly than cotton. An example of these are athletic shorts or boardshorts.

**SYNTHETIC/ QUICKDRY SHIRTS:** These shirts are 100% synthetic and are able to keep you warm when they are wet. They also dry much more quickly than cotton. An example of these are athletic shirts or workout tops.

**FLEECE or DOWN JACKET:** This is recommended for extra warmth at night and chillier parts of the trip.

**RAIN JACKET:** Either strong coated nylon or Gore-Tex jacket works best. We recommend raincoats with a built-in hood. Thin nylon ponchos are not acceptable as they tear easily.

**LIGHT WOOL OR FLEECE HAT:** These are made of fabric (non-cotton) perfect for activities at varied temperatures

### **FOOTWEAR**

**CHACOS, TEVAS OR RIVER SANDALS WITH HEEL STRAP:** Chacos, Tevas, or river sandals (like Keens) are great for any water activity. Be sure that the sandals have a heel strap so they don't fall off your feet when swimming.

**LOW HIKING SHOES, TRAIL RUNNING SHOES OR STURDY SNEAKERS:** These will be your primary walking shoes. Trail shoes are typically lighter weight than hiking boots and are not as bulky. You should find a shoe that gives you a lot of support and one that has a good rugged sole. The more traction the easier it will be to walk on varied terrain. As with hiking boots, when trying on sneakers/running shoes be sure to wear the same socks you are bringing on the program (see Clothing & Equipment List) and walk around the store for 20 to 30 minutes to make sure that the shoes are comfortable and a good fit – it is worth the extra time!

**SYNTHETIC HIKING SOCKS:** Synthetic and wool fiber blends are important to enhance your comfort while hiking. This will also provide good insulation, moisture-wicking ability, and cushioning. Be sure you find a pair that will fit **HIGHER** than your hiking boot or low hiking shoe to prevent painful rubbing.

### **BEDDING**

**SLEEPING BAG:** Your sleeping bag should be comfortable for temperatures as low as 30 degrees, lightweight, compressible and filled with synthetic fabric or down. We would prefer synthetic fabric over down. Down provides no warmth if wet and will take much longer to dry. It can get cold in the mountains, so make sure your sleeping bag is rated for "3 or 4 seasons."

**COMPRESSION SACK FOR SLEEPING BAG:** A small nylon sack used to compress your sleeping bag to a smaller size making it easy to fit in a backpack (usually comes with a sleeping bag when purchased).

**SLEEPING PAD:** The sleeping pad is used for comfort when camping. Pads come in two styles: 1) self-inflating brands, such as Thermarest®, which tend to be more comfortable, but more expensive and heavier to carry and 2) closed-cell foam types, such as Ridgerest®, which are much lighter and significantly cheaper. Both styles are appropriate for your ARCC program.

### **LUGGAGE**

**BACKPACK or LARGE DUFFEL:** Your backpack or duffel should be large with ample room to carry warm clothing, rain gear, water bottles and any other items you may be bringing. This bag will be your main piece of luggage. Your backpack or duffel

should be **4,500 to 5,000 cubic inches in size**. If you bring a backpack, be sure it has a well-fitting padded waist strap and padded shoulder straps, and it is recommended to be store-fit/sized to fit appropriately.

**DAYPACK:** Your daypack can be your school book bag or something similar. We use these for day hikes or on travel days when a large backpack is unnecessary or inaccessible. Please make sure that this bag has proper shoulder strips, eg no string straps.

### **ACCESSORIES**

**QUICK-DRY TRAVEL TOWEL:** A quick-drying towel to be used for showers taken in between activities. There are several brands, such as Travel Towel®, and they are inexpensive and a nice alternative to cotton.

**HEADLAMP:** Headlamps are flashlights with a headband so that the user can have both hands free to cook or do camp chores.

**CUP, BOWL, SPOON, FORK (plastic):** These items will be used for eating and drinking while on your program. The spoon and fork should be of heavy duty plastic, which can be found in the camping section of sports stores. A Tupperware-style bowl works well. An insulated cup or mug works well for hot chocolate, tea, and soup.

**SUNGLASSES PLUS CROAKIES:** We strongly suggest that you do not bring expensive designer sunglasses on this program as they can be easily lost or damaged. Croakies are devices attached to the sunglass stem to keep the glasses from falling off your head.

**WATCH w/ ALARM:** A watch is essential for any type of travel. Yours should have an alarm for days when we have an early morning. We recommend waterproof or water-resistant watches. Remember that your cell phone and other wifi-devices will be collected and not available to use as an alarm.

**CAMELBAK/NALGENE WATER BOTTLES:** Hydration is the key to a healthy adventure. A Camelbak is an alternative to a water bottle; it is a water pouch that slides into the back of your backpack and can often hold more water than one liter of water. Nalgene bottles are one-liter bottles made of durable plastic that are easy to clean and refill. For this program, you may bring any combination of Nalgene bottles or Camelbak pouches, but it is **IMPORTANT** that your total capacity is at least **3 liters**.

### **OPTIONAL**

**CAMERA, MEMORY CARD & CHARGER:** We encourage you to bring a camera as there will be many great opportunities for pictures. The small digital cameras (or 35mm cameras) are a nice combination of size and weight. If you are bringing a digital camera, be sure to bring at least one memory card and your charger or extra batteries. The waterproof/disposable cameras are also a great choice for this program. Please bring at your own risk; ARCC does not reimburse the cost of lost, damaged, or stolen property. Cell phones and other wifi devices will be collected and not available to use as a camera.

**CRAZY CREEK CHAIR:** This is a lightweight nylon chair that folds and packs easily. It creates a nice alternative to logs and rocks as a seating option. This item is completely optional.

**TRAVEL PILLOW:** This is a **SMALL** compressible travel pillow which can be found in camping stores or REI, **NOT** a bed pillow!

**CAMP SHOES:** These should be comfortable shoes that have been broken in to be worn around camp and during transportation.

**INSECT REPELLENT:** ARCC strongly recommends using insect repellent with a 20-35% concentration of DEET, as studies have found this to be most effective in combating insects.