UM SUMMER EXPLORATION: Climate Change in Glacier National Park

GEAR & CLOTHING LIST

The following equipment list is intended to help you pack for your field days in Glacier National Park. It is important that you bring needed clothing and gear, yet do not bring too much, as space in our vehicles will be limited.

WRFI supports sharp shopping and saving money. We do not expect you to spend any more than necessary. For example, a $.50 thrift store food bowl works just as good as a $50 titanium one. Some of your gear may be purchased discounted or used, but it all should be high quality. If you need help finding/acquiring any personal gear, please contact WRFI at (406) 549-4336 or wrfi@wrfi.net. We may have a few extra clothing and gear items available for you to borrow!

Much of this equipment can last you a lifetime of outdoor adventure. If unsure about which item to buy, consider what will be most useful to you after the course and consult with WRFI staff. Where to shop? Buying from local shops often provides the best service and supports your community. Some larger chain stores have greater selection and excellent return policies. Craigslist gives you access to a world of cheap used gear—but don’t let a good deal lead you into buying something that is worn out or does not fit well!

Please bring a copy of this document with you as you pack or shop for gear. It is essential to your safety and comfort that you are well-equipped and supplied. Call or email WRFI if you have any questions!

Individual equipment supplied by WRFI
- WRFI travel mug—yours to keep!
- WRFI Bandanna
- Clean WRFI t-shirt at course end

Group equipment supplied by WRFI
- Ingredients for breakfasts, lunches, dinners, and snacks for the five field days of the course
- First aid kits
- Emergency communications (satellite phone/texting device)
- Tents & group tarps
- Stoves, fuel, cookware, and utensils
- Water treatment (if needed)
- Bear repellent spray
- Course library with place-based field guides and other books
- Maps
REQUIRED EQUIPMENT

- **Face masks**: At least 2 washable cloth facemasks that adequately cover mouth and nose.
- **Day hiking pack**: Bring a high quality backpack with a capacity of between 20 and 30 liters. Be certain that your pack is sized properly, fits comfortably with weight, and is well made. Packs should have sturdy waste belts to allow students to carry supplies on long day hikes as ergonomically as possible.
- **Sleeping bag or down quilt**: With temperature rating of 20°F, or warmer if you get cold easily. Down is lighter, more compressible, and longer lasting than synthetic insulation, but must be kept dry and are generally more expensive.
- **Sleeping pad**: Closed-cell foam pads work well and do not puncture; lightweight inflatable pads (Thera-Rest or equivalent) are more comfortable and compressible, but require careful use to avoid punctures. Bring a repair kit.
- **Camp chair**: “Crazy Creek” style. You will spend a lot of time reading, discussing, and writing on this course. Chair “kits” (e.g. Thera-Rest trekker chair kit) that incorporate an inflatable sleeping pad are much lighter, more comfortable, and less bulky than those with built-in padding. However, they’re also more vulnerable to puncturing.
- **Stuff sacks**: 1-2 medium/large size nylon bags with drawstrings for organizing gear and food. Avoid the ultra-light, (sometimes called “sil”) stuff sacks—they are expensive, tear easily, and probably won’t last the entire course.
- **Bowl**: For all your eating needs. Durable plastic or lightweight metal food bowl. A securely sealing lidded bowl will allow you to keep leftovers – highly recommended!
- **Eating utensils**: Spoon or “spork.” Avoid the plastic spoon/spork combo—they tend to snap in half.
- **Water bottles**: 2 liter total capacity. Be sure lids seal securely. Hydration system bladders can substitute for one bottle.
- **Headlamp and extra batteries**: Lightweight is more important than high power.
- **Wristwatch**: Waterproof, with alarm. This is essential for coordinating wake-ups and group meetings. Cellphones are heavy, fragile, and batteries will not last. Practice setting the alarm before the course starts. **Required**.
- **Sunglasses & sunscreen**: UV protection and SPF 30+
- **Contacts or glasses**: Spares are a good idea.
- **Journals, pens/pencils**: At least 6 X 8 inches, spiral bound or Moleskine style preferred. Unlined paper is nice. Colored pencils or very small watercolors are enjoyable, but optional.
- **Toiletries**: Travel size toothbrush and paste, lip balm, feminine hygiene products, and biodegradable soap. **Small** containers that can be refilled are best.
- **Hand sanitizer (60-95% alcohol)**: Just a small bottle for personal use. We’ll refill this as needed.
- **Prescription medications**: Bring enough for the entire course—pharmacies are few and far between. Double check the expiration dates!
- **Zip-lock freezer bags**: Smaller ones for food and personal trash, larger ones (2 gallon) for books
Bandanas: 1-2 recommended for hygiene or sun protection.

Mosquito head net: Best paired with a baseball cap to keep it off your face.

Small whistle: Need one that you can remove from pack.

Duffel bag: Simple bag for packing/storing personal gear—preferably a design that is easily collapsible and will fit into small spaces when empty.

OPTIONAL EQUIPMENT

Trekking Poles: Old ski poles can suffice.

Binoculars or hand lens: Dramatically helps your natural history observations – both close up and far away. Light, cheap, and small models are best.

Camera: Be sure to have a good case for this delicate item. Don’t forget batteries/charger/memory cards.

Compass: Simple models with rotating housing and clear baseplate.

Quick-Dry Towel or hand towel: Can be helpful for showers in town.

Additional stuff sacks: 1-2 to organize clothes, books, etc.

Pocket knife: Swiss Army style folding knife or multi-tool. Make sure this goes in checked baggage if you’re flying to Montana.

Phone / music player / headphones: For use only during free time, and not during program activities.

Small, durable musical instrument: Our travels can be hard on musical instruments—so don’t bring anything that would break your heart to see in pieces. Unfortunately we don’t have room for full-sized guitars/banjos/and the like. But pack-sized guitars, ukuleles, and harmonicas have brightened up WRFI evenings.

Do NOT bring: Coolers, excessive magazines or books, slacklines, or other large, fragile, or generally unnecessary items because our vehicles will be very full!

Dress for Success!
Expect highly variable weather including: hot sun, high winds, rainstorms, and even snow. Sunscreen and sunglasses are essential to protect your skin and eyes from burning at high elevations, and in clear air.

REQUIRED CLOTHING

Hiking Boots: Substantial boots with a leather upper or waterproof lining preferred. Must provide ankle support. Soles do NOT need to be extremely stiff, but should be thick enough protect your feet from sharp rocks. Wear your boots as much as possible before the course to break them in and prevent blisters!

Footwear for camp: Crocs, old sneakers, or sport sandals (e.g., Chacos or Tevas) for wearing in camp, not while hiking.

Hiking socks: Wool or wool blend. NO cotton! High quality socks make happy feet!

Underwear: Stretchy lycra shorts are comfortable and prevent chafing while hiking. Cotton underwear is nice for around camp and sleeping.
- **Sports bras**: Synthetic for wet and cold, cotton for comfort on dry days and at night.
- **Nylon quick drying pants**: 1-2 pair. Those that are convertible into shorts can be handy. NO denim or cotton!
- **Nylon quick drying shorts**: 1-2 pairs for hiking, NO denim or cotton.
- **T-Shirts**: 2-3 (quick dry is best, but cotton will do here). WRFI will provide another one at course-end.
- **Fleece or wool jacket/sweater**
- **Insulated jacket**: Lightweight down, synthetic or wool.
- **Long underwear**: One set of mid- or expedition weight. Synthetic or technical wool top and bottom. Waffle underwear is often cotton—double check!
- **Rain jacket & PANTS**: Must be **waterproof** and have a hood. Gore-Tex or equivalent preferred. (Coated nylon is not typically waterproof.) Must be durable.
- **Gloves**: Light wool or fleece for writing in cool weather. Windstopper material is great. Check the tag to make sure they’re NOT cotton.
- **Warm hat**: Wool or fleece, check the tag to make sure it’s NOT cotton.
- **Sun hat**: Baseball cap with bandana or wide brimmed crushable sun hat.
- **Town clothes**: Presentable and comfortable shirt and pants/jeans/skirt for travel and meetings. Cotton OK.

**OPTIONAL CLOTHING**
- **Fleece pants, down jacket, insulated booties, and liner gloves**: For those who get cold easily.
- **Liner socks**: Thin synthetic, 2-3 pair. If you are prone to blisters
- **Gaiters**: To keep sand, snow and rocks out of your boots.
- **Wind shirt or light softshell jacket**: Breathable but wind-resistant nylon.
- **Long sleeve sun shirt**: Light fabric, light colored. You can buy special “desert shirts,” or you can find cheap dress shirts at the thrift store. A thin synthetic zip-neck can substitute. Cotton OK.

**FOOD TO BRING**
WRFI will supply ingredients for group breakfasts, lunches, dinners, and simple snacks for the five field days of your course. That being said, we encourage students to bring along their favorite snack foods to have handy during our long days outside. Popular choices include granola/power bars, nuts, dried fruit, jerky, etc. Your instructors will go over proper food storage and bear safety on the first field day of your course.