

Mountain Quest Young Women Gear List

Equipment

- ☐ **Hiking Boots:** (lightweight, comfortable and waterproof). **VERY IMPORTANT ITEM!** Make sure they fit well and are broken in before the trip.
- ☐ **Backpack:** internal frames strongly preferred, as well as acquiring the highest volume possible for your body because we need to fit a 10 liter bear can inside each person's pack. **55-65 liter capacity MINIMUM.** Packs smaller than that may not be able to fit enough gear! **This is a very important piece of equipment; please make sure it fits!**
- ☐ **Daypack** (a sturdy, school book bag is fine)
- ☐ **Sleeping Bag:** +20 degrees or warmer. Synthetic fill, NO DOWN; it is useless when wet
- ☐ **Compression Stuff Sack** for sleeping bag—it needs to pack down into a tight, compact size.
- ☐ **Sleeping Pad:** closed cell foam not inflatable (due to punctures/leaks)
- ☐ **Plastic Tarp:** (8' x 10' or 9' x 12')
- ☐ **Ground Cover:** plastic ground footprint or 50-gallon plastic trash contractor bag
- ☐ **Pack Cover** or 50-gallon plastic trash contractor bag
- ☐ **50' Nylon Parachute Cordage:** heavy-duty; at least 1/8" diameter (sold at outdoor gear stores)
- ☐ Light, rugged **Sandals** like Tevas, water sox or old tennis shoes (to wear in camp or in water NO CROCS please!)
- ☐ **Rain Jacket.** Essential item! **Please make sure the material is actually waterproof!**
- ☐ **Rain Pants.** Essential item! **Please make sure the material is actually waterproof!**
- ☐ **Small Flashlight or Headlamp** and extra batteries
- ☐ **2 Water Bottles:**
 - ☐ **One filtering water bottle** that removes giardia and cryptosporidium. Examples: Sawyer Water Treatment Filter Bottle, LifeStraw Go by Vestergaard, Aquamira Filtration Water Bottle. Please see our website for more details. (Note: Brita or Camelbak bottles that just filter out chlorine will NOT work). **Must be a water bottle, not bag or pump**
 - ☐ **One nalgene wide-mouth 1 Quart/ liter water bottle** (no squirt top bottles they leak)
- ☐ **A Mess Kit:**
 - ☐ Insulated mug with handle for hot drinks (lightweight, with lid)
 - ☐ Camping bowl (not glass/ceramic): square Rubbermaid or Tupperware with lid that can hold utensils is great, not the flimsy disposable ones
 - ☐ Fork and Spoon
- ☐ Sports referee **Whistle** (for emergency contact)
- ☐ Small towel or **Washcloth**
- ☐ Fragrance-free **Sunscreen** (15-50 spf)
- ☐ **Toothbrush & toothpaste**
- ☐ **Mosquito repellent** (non-toxic)—please no DEET
- ☐ **Mosquito head net**
- ☐ 2-4 gallon-sized **Ziploc Bags** for keeping gear organized and dry and for managing waste
- ☐ **Sunglasses** (UV protection, not too dark or reflective)
- ☐ **Camera** (Optional. Cell phones are not an option; only single-purpose cameras will be allowed.)
- ☐ Personal **Knife** (Optional): Must be a small, single **folding blade that locks open** (be careful: many knives, including Swiss Army, do NOT lock open).
- ☐ Your **Journal** and a **Pen**
- ☐ **N95 Masks-** at least 2 (due to growing concerns of fire and smoke hazards)

Clothing for the Trail (each item labeled clearly with the owner's name or initials)

- ☐ 1-2 sets Polypropylene Long Underwear (top and bottom)
- ☐ 1-2 pairs Pant(s) - thin wool, fleece, or nylon/polyester – NO COTTON or JEANS
- ☐ 1-2 Long Sleeve Shirt(s) or thin sweater (synthetic, silk, wool) – NO COTTON
- ☐ Warm, thick Fleece or Wool Jacket
- ☐ 3 athletic (quick-dry) T-shirts (Cotton Blend is acceptable but inferior)
- ☐ 6 pair Underwear
- ☐ 2 pair athletic/hiking quick-dry Shorts (Cotton not recommended)
- ☐ 3-6 pairs of thin Polypropylene Liner Socks
- ☐ 2-3 pair wool or synthetic thick Hiking Socks
- ☐ 2 Bandanas or Handkerchiefs
- ☐ Swimsuit
- ☐ Sun/Rain Hat with brim
- ☐ Warm Stocking Hat (Ski Hat)

****NOTE: There will be a resupply of food and **clothes** about 11 days into the journey. Please be sure to have backpacking clothes for both legs as well as a set for returning to basecamp.*

****MQYW will also spend a night at a basecamp location called Sacred Groves. They may save some of their clothing for basecamp for this portion as well. **It is important that they pack a red clothing item for this part of their ceremony.***

Clothing for Basecamp

- ☐ 1 Duffle (or other) bag for extra clothes and toiletries to leave at basecamp
- ☐ 1 clean outfit for return: clean long pants, shirt, warm shirt/sweatshirt, socks and underwear to be put in duffle bag left at basecamp for return

Please make sure to review our [Tips About Gear & Equipment](#) information page!