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IWLS Utah Youth Multi-Sport Equipment List

Weather in the mountains and canyons of Utah can be volatile. Clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. The clothing items listed below will work together to provide appropriate insulation in the most demanding conditions. Because it can snow or rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchronilla, fleece, and pile are best, wool will also work. Cotton, except for a t-shirt for the sun, is unacceptable. It is a good idea to test out your gear before you arrive in Utah.

Upper Body Layers

Upper body layers are some of the most important components of a good layering system. They should be comfortable, lightweight and breathable. Cotton is unacceptable, except for a sun shirt while hiking on warm days.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2		One silk weight and one heavy weight top made of synthetic material that can be layered together to increase warmth. A light-colored silk weight (white/tan/light blue, etc.) is a good idea because it will decrease the amount of solar radiation (warmth) that your shirt absorbs. Conversely, your mid-weight base-layers should be darker so that they do absorb the sun's warmth. Mountain Hardwear makes good lightweight, wicking base layers.	-
Tee Shirt	1		To be worn as a sun shirt while hiking at lower elevations. Synthetic fabric is the way to go, and can double as a bandana or extra sun protection under a baseball cap.	-
Medium Weight Top	1		To be worn over the base layers and should be synthetic or wool (a soft shell is an acceptable substitute). Both Black Diamond and Mountain Hardwear offer great mid-weight layers.	-
Heavy Weight Top	1		To be worn over the base layers and medium weight top and should be synthetic or wool. Both Black Diamond and Mountain Hardwear make nice thick layers.	-
Insulated Jacket	1		In high-desert climate like Utah, synthetic insulation vs. down is best to address the hot or snowy conditions we may encounter. For early and late season trips a jacket like the Black Diamond Stance Belay Parka is an excellent choice. Mid-summer programs may opt for the slightly lighter weight option like the Access Hoody.	-
Waterproof Shell/ Outer Wear	1		A jacket made of waterproof / breathable material such as Gore-Tex is vital for keeping you warm and dry. It needs to fit over all layers. Mountain Hardwear shells are breathable, dry, and windproof.	-



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Lower Body Layers

Lower body layers should be versatile and easy to change into and out of under changing weather conditions.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2		One silk weight and one heavy weight bottom layer made of synthetic material that can be layered together to increase warmth.	-
Underwear	2-4 pairs		Synthetic briefs and underwear will keep you comfortable and hygienic during high output. Plan on bringing one pair per 4-6 days of use.	-
Fleece or Synthetic Pants	1		These should be either fleece or synthetic down. If the pants have side zips, it will make your life a lot easier by allowing you to layer without removing your foot wear.	-
Shorts or Lightweight Pants	1		These are optional, but are nice to wear at lower elevations, in town, or as additional layering options. Cotton is unacceptable; synthetic will dry faster and be more comfortable for long periods of wear. A light softshell pant could work as well. Mountain Hardware makes great pants.	-
Outer Wear	1		Pants made of waterproof / breathable material such as Gore-Tex are vital for keeping you warm and dry. They need to fit over all layers and should have side zips. Mountain Hardware shell pants and bibs work great.	-

Head, Neck, Hands & Feet

Keeping your extremities warm & dry is crucial. We lose a massive percentage of body heat through our heads, and our hands and feet are the most susceptible to inconveniences like frostbite and trench-foot. Developing a system that works for your specific needs takes time; this guide is a good place to start.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Warm-Hat	2		Should be made of synthetic material or wool, cotton is unacceptable. Should layer underneath a climbing helmet.	-
Sun-Hat	1		The sun can be very bright (especially with reflection). The more protection your cap offers from the sun, the better.	-
Balaclava or Neoprene Face Mask	1		Used to protect the face from wind/snow, it can be a real life-saver under stormy conditions.	-
Sunglasses	2		Dark lenses with good side protection are a must. The sun can be very bright (especially with reflection off the water/snow/ice) and can cause permanent eye damage.	-
Goggles	1		For mountaineering itineraries - Double lens models with vents work best.	-
Light Weight Gloves	1		Windstopper fleece works best. Work gloves with a water proof palm are nice to have along when dexterity is more important than warmth. 'Dura-Therm' or like models (synthetic glove with rubber palm & fingers) work well, just ensure you find the warmest model available. Mountain Hardware and Black Diamond make great gloves.	-





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Heavy Weight Gloves/Mitts	1		Removable shell is a must. These should be warm, water-proof and breathable, with removable liners for easy drying. Black Diamond and Mountain Hardware have durable expedition gloves.	
Socks	3-4		These should be synthetic or wool. Having a mix of light and heavy weight socks is nice to adjust to variable weather.	-
Hiking Boots	1		A pair of sturdy backpacking boots with ankle support. Gore-Tex is a great feature to keep your feet dry.	-
Camp Shoes	1		A pair of lightweight sneakers or sandals for wearing around camp.	-
Gaiters	1		These should fit over your hiking boots, and are used to keep water/snow/rocks out. They should be tall and water/abrasion resistant. Both Black Diamond and Mountain Hardware make great gaiters.	-
Rock Climbing Shoes	1		Make sure that these rock shoes are comfortable enough to wear all day, in the cold and the heat. They should be a neutral or moderate fit, NOT an aggressive fit, as students will be wearing them for long periods of time. Five Ten climbing shoes are a good choice.	YES

Technical Hardware & Sleeping Systems

For technical gear we recommend [Black Diamond](#). We run their equipment on every mountain trip we operate, and find it to be among the best in the industry. For tents and sleeping bags we recommend [Mountain Hardware](#).

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Backpack	1		Should have a capacity of at least 5,000 cubic inches (or 80 liters), and should be comfortable with 60 lbs. of weight. Mountain Hardware and Black Diamond packs are versatile and rugged. Please don't hesitate to call us before making any major purchases.	YES
Trekking poles	1		Lightweight and adjustable length work best. Snow baskets are a must. Black Diamond poles are a great fit.	YES
Large Duffel	1		Used for transporting gear in planes and vehicles on route to trip locale. 'Cordura' or other heavy duty nylon duffel bags are burly and handle large loads with ease. 6000 cubic inches (100 liters) or larger are best. Mountain Hardware and Black Diamond make tough expedition duffel bags.	-
Sleeping bag	1		We recommend a synthetic fill bag with a comfort rating of 0 degrees Fahrenheit. However, on bigger mountains and in early season a down bag is more appropriate. Mountain Hardware bags work well. Please don't hesitate to call us before making any major purchases.	YES
Sleeping pads	2		A system of one compact inflatable pad (Thermarests work well) and one closed cell foam pad works best to insulate when sleeping on snow.	YES



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Miscellaneous

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Eating Utensils	-		Bowl & Spoon (Lexan or titanium work well), as well as a 14oz mug with a lid for hot drinks.	-
Watch	1		Should have an alarm.	-
Journal	1		‘Rite in the Rain’ or similar water resistant paper work best.	-
Headlamp	1		We recommend LED headlamps, because they are lightweight, long-lasting & durable. Bring extra batteries. Black Diamond SPOT headlamps work great.	-
Toilet Paper	1		Bring your own in a Ziploc bag.	-
Personal Med-Kit	1		Your kit should include ALL personal medications, as well as a stash of Ibuprofen, Aspirin, Band-Aids, and Neosporin. A group Med-Kit will be available for everyone, however bringing a personal kit is mandatory. If you have any questions please don't hesitate to call us.	-
Blister Kit	1		This should include mole skin/foam and cloth athletic tape for personal use.	-
Lip Balm	1-2		Should have some type of SPF protection.	-
Sunscreen	4-8oz.		Should be SPF 30 or higher and be waterproof.	-
Water Bottles	2		Wide mouth 1-liter Lexan bottles ('Nalgene') work best.	-
Bandana or ‘Buff’	1		Used for extra sun-protection. Your tee-shirt can be used in place of a bandana if you are trying to shave weight (which is a good thing).	-
Stuff Sacks	2-4		For organizing your gear inside of your backpack. Consider using compression sacks for both your sleeping bag and clothes to maximize usage of space. Sea to Summit makes great waterproof stuff sacks.	-
Garbage & Ziploc bags	variety		An invaluable method used to keep your gear dry inside of your pack. (i.e. line your stuff sack with a garbage bag before you stuff your sleeping bag in there)	-

Optional

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Summit Pack	-		Used on day excursions, should be between 35L - 55L (many people use their big pack for this purpose). Both Mountain Hardwear and Black Diamond offer some great climbing packs in this range.	-
Hand Warmers	4		A good thing to keep in your pack for those brisk alpine starts.	-
Sleeping Bag Liner	1		For increased warmth.	-
AA and AAA batteries	4 pair		Replacements for both your avalanche beacon but headlamp as well.	-
Energy/Candy Bars	0-20		Bring bars that taste good!	-
Moist Towelettes	0-20		This will be as close to a shower as you will get, we recommend one wipe per day.	-

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Book	1-2		Leave the 15 pound hardcover at home.	-
Journal	1		'Rite in the Rain' or similar water resistant paperwork best.	-
Camera	2-4		If you are buying a digital camera; one with a view finder allows you to take photos when it is too bright to see the screen and helps save batteries. A camera that is compatible with AA's is best. Bring an extra memory card.	-

Additional Information

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We use gear from these select companies on every trip we run! Their gear has proven itself again and again on the highest mountains, roughest water, and steepest ice. We endorse these companies because they make gear that is functional and reliable.



We provide the following: tents, group climbing equipment, expedition first aid kits, cooking equipment, and trip food.

Please don't hesitate to call us with any questions 1.800.766.3396

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