

Southern Utah Backpacking and Canyoneering 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, Synchilla, fleece, and pile are best, wool will also work. Cotton, with the exception of 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	V	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 <u>Black Diamond</u> and <u>Mountain Hardwear</u> offer great mid-weight layers.	-		
Synthetic Down Parka	1		In a maritime climate in the mountains, a burly synthetic parka will be your best friend on those cold wet nights or windy summit mornings. It should easily fit over all layers. A down jacket with a water proof finish is acceptable, but if it gets wet you won't be happyor warm. The Mountain Hardwear B'Layman Jacket or Black Diamond Stance Belay Parka are both solid options.	YES		



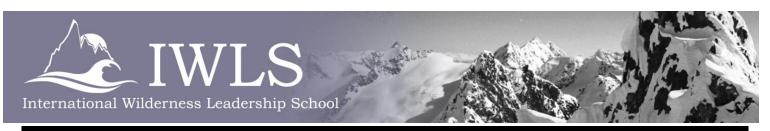
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Outer Wear

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.



Lower Body Layers					
Lower body layers should be versatile and easy to change into and out of under changing weather conditions.					
Equipment	Quantity	N	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. We recommend the Mountain Hardwear Compressor Pant or the Black Diamond Stance Belay Pant.	-	
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 Hardwear 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 Hardwear 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 trench-foot. Developing a system that works for your specific needs takes time; this guide is a good place to start.

Equipment	Quantity	∇	Comments	Rental
Warm-Hat	2		Should be made of synthetic material or wool, cotton is	-
			unacceptable. Should layer underneath a climbing helmet.	
			Mountain Hardwear has a wide selection of warm hats.	
Sun-Hat	1		The sun can be very bright (especially with reflection). The more	1
Sun-Hat	1		protection your cap offers from the sun, the better.	
Sunglasses	1		Dark lenses are a must. The sun can be very bright and can cause	-
Sungrasses			permanent eye damage.	
			Windstopper fleece works best. Work gloves with a water proof	
Light Weight Gloves	1	1	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 Hardwear and Black Diamond make great	
			gloves.	





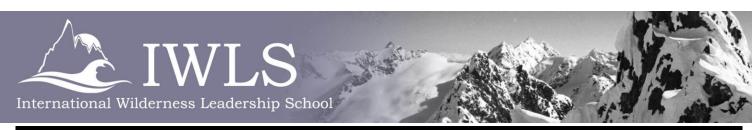
These should be warm, water-proof and breathable, with removable liners for easy drying. Black Diamond and Mountain Hardwear have durable expedition gloves. Socks 3-4							
Socks 3-4 These should be synthetic or wool. Having a mix of light and heavy weight socks is nice to adjust to variable weather. Should be well broken in and waterproof. We recommend full grain leather boots. Please don't hesitate to call us if you have any questions about purchasing boots. These should fit over your mountaineering boots, and are used to keep water/snow/rocks out. They should be tall and water/abrasion resistant. Both Black Diamond and Mountain Hardwear make great gaiters. Water Shoe 1 To be used while canyoneering and/or river crossings and should have a thick sole and be quick drying. Backpacking Gear Equipment Quantity ✓ Comments Should have a capacity of at least 5,000 cubic inches (or 80 liters), and should be comfortable with 60 lbs. of weight. Mountain Hardwear and Black Diamond packs are versatile and rugged. Please don't hesitate to call us before making any major purchases. Lightweight Harness 1 Should fit over all layers and be comfortable when wearing a pack. Adjustable leg loops are best. Locking Carabineers 2 Large aluminum locking carabineers (such as the Black Diamond Rocklock) are used on your harness for technical canyoneering. Helmet 1 Should be light weight and rated for rock climbing/mountaineering. Provided Trekking poles 1 Lightweight and adjustable length work best. Snow baskets are a		1		liners for easy drying. Black Diamond and Mountain Hardwear have	-		
Hiking Boots 1 leather boots. Please don't hesitate to call us if you have any questions about purchasing boots. These should fit over your mountaineering boots, and are used to keep water/snow/rocks out. They should be tall and water/abrasion resistant. Both Black Diamond and Mountain Hardwear make great gaiters. Water Shoe 1 To be used while canyoneering and/or river crossings and should have a thick sole and be quick drying. Backpacking Gear Equipment Quantity ✓ Comments Rental Should have a capacity of at least 5,000 cubic inches (or 80 liters), and should be comfortable with 60 lbs. of weight. Mountain Hardwear and Black Diamond packs are versatile and rugged. Please don't hesitate to call us before making any major purchases. Lightweight Harness 1 Should fit over all layers and be comfortable when wearing a pack. Adjustable leg loops are best. Locking Carabineers 2 Large aluminum locking carabineers (such as the Black Diamond Rocklock) are used on your harness for technical canyoneering. Belay Device 1 A standard belay plate can be used for technical climbing and rappelling. The ATC-Guide is a great, versatile option. Trakking poles 1 Lightweight and adjustable length work best. Snow baskets are a VES	Socks	3-4		These should be synthetic or wool. Having a mix of light and heavy	-		
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Sleeping Bag & Pads

Having a good sleep system is essential in the mountains. While down bags are very warm and pack incredibly small, they lose all insulating properties when they get wet. For this course we recommend a synthetic fill bag.

Equipment	Quantity	V	Comments	Rental
			We recommend a synthetic fill bag with a comfort rating of 5	
Sleeping bag	1		degrees Fahrenheit. Mountain Hardwear bags work well. Please	YES
			don't hesitate to call us before making any major purchases.	
			A system of one compact inflatable pad (Thermarests work well)	
Sleeping pads	2		and one closed cell foam pad works best to insulate when sleeping	YES
			on snow.	





Miscellaneous						
Equipment	Quantity	∇	Comments	Rental		
Watch	1		Should have an alarm.	-		
Journal	1		'Rite in the Rain' or similar water resistant paper work best.	-		
Esting Utonsile			Bowl & Spoon (Lexan or titanium work well), as well as a 14oz			
Eating Utensils	-		mug with a lid for hot drinks.	-		
			We recommend LED headlamps, because they are lightweight,			
Headlamp	1		long-lasting & durable. Bring extra batteries. Black Diamond SPOT	-		
W 11 - D	4		or ICON headlamps work great.			
Toilet Paper	1		Bring your own in a zip-loc bag.	-		
Iodine	1		A bottle of 'Polar-Pure' Crystals is the most convenient, but 'Potable	-		
T: D 1	1.0		Agua' works well also.			
Lip Balm	1-2		Should have some type of SPF protection.	-		
Sunscreen	4-8oz.		Should be SPF 30 or higher and be waterproof.	-		
			A personal prescription of a broad-spectrum antibiotic like			
			Ciprofloxacin or Azithromycin is REQUIRED. Your kit should also			
Personal Med-Kit	1		include ALL personal medications, as well as a stash of Ibuprofen,	-		
			Aspirin, Bandaids, and Neosporin. A group Med-Kit will be			
			available for everyone, however bringing a personal kit is	ı		
W · D · · I	-		mandatory. If you have any questions please don't hesitate to call us.			
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).	-		
			For organizing your gear inside of your backpack. Consider using			
Stuff Sacks	2-4		compression sacks for both your sleeping bag and clothes to	_		
Stuff Sucks	2-4		maximize usage of space.			
			An invaluable method used to keep your gear dry inside of your			
Garbage & Ziploc	variety		pack. (Line your stuff sack with a garbage bag before you stuff your	_		
bags	variety		sleeping bag in there.)			
			Optional			
Equipment	Quantity	$ \sqrt{} $	Comments	Rental		
Sleeping Bag Liner	Quantity	Y.	For increased warmth.	-		
	_		1-liter wide-mouth Lexan with a SECURE LID. Nice to have when	-		
Pee Bottle	1		there is really inclement weather outside.	-		
Energy/Candy Bars	0-20		Bring bars that taste good!	_		
			This will be as close to a shower as you will get, we recommend one			
Moist Towelettes	0-20		wipe per day.	-		
Book	1-2		Leave the 15 pound hardcover at home.	-		
			Digital or Film. If you are buying a digital camera; having a view			
Camera	2-4		finder allows you to take photos when it is too bright to see the	_		
			screen. Bring an extra memory card and batteries.			
			1,	1		



Additional Information



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 1.800.985.4957

