

Gear List for All Day Courses

Please remember that weather in NW Montana during all seasons can change quickly from warm and sunny to freezing at any time of the year; the best way to be prepared for this weather is to have layers! We recommend checking the weather prior to your trip. Please also check your course information sheet for specific gear requirements in addition to those listed below.

***PRO TIP:** *Wool or synthetic fabrics are recommended whenever possible. Synthetic materials dry quickly, wick moisture, and keep you warm; wool keeps you warm even when wet. Cotton gets wet, stays wet, and makes you cold.*

Items for ALL Day Courses:

- 2-liter sized water bottles or Camelback
- Trail lunch - *Consult course descriptions as food is included with some courses but not all*
- Lightweight hiking boots or a sturdy pair of hiking shoes
- Wool or synthetic hiking socks
- Synthetic, wicking shirt
- Quick dry hiking shorts or hiking pants
- Midweight fleece or wool jacket or sweater
- Waterproof rain jacket and pants
- Sunhat, sunglasses, sunscreen, insect repellent & lip balm
- Heavy fleece or insulated jacket - *necessary in June, September, and October*
- Field notebook and pencil - *waterproof place to store it*
- Toilet paper & plastic bag in which to pack it out
- Basic first-aid kit including moleskin - *Our staff carries Group First Aid Kit & Bear Spray*
- Day pack with plastic bag liner or cover

Optional Equipment:

- Camera
- Field guides
- Binoculars
- Trekking poles if you like to use them for hiking
- Compact emergency blanket, whistle, and waterproof matches or lighter

There's more. . .

Items for Overnight Participants in addition to items listed above:

- Towel & personal toiletry items - *toothbrush, toothpaste, soaps, wash cloth, sanitary wipes, etc.*
- Flashlight or headlamp with extra batteries
- Warm sleeping bag - *bottom sheet, pillow and pillowcase are provided*
- Personal alarm clock/watch
- Comfortable camp shoes to wear after hiking
- Ear plugs - *optional*
- Food/snacks - *Consult course descriptions as food is included with some courses but not all*

Essentials for all Winter, Fall and Spring Courses:

- warm hat and mittens with liners or gloves
- insulated winter boots and extra wool or synthetic socks
- gaiters - *optional*
- wool or synthetic long *underwear - top and bottom - NO COTTON*
- heavy fleece or wool pants - *or snow pants*
- warm outer jacket and heavy fleece or wool mid-layer