



GALENA RIDGE PERSONAL GEAR LIST

The following items are necessary for your child's safety and comfort on our wilderness courses. Items which are difficult for you to find in your home area may be purchased by us. Please call about any questions or needs.

- Most clothes will be used beyond recognition by the end of the summer. We encourage the use of second hand stores, worn clothes from home, and Army-Navy outlets. The most expensive and trendy outerwear is not necessary. **The type of material specified for clothing is important.**
- **Do not compromise on the quality of hiking boots.** This is your child's most important piece of clothing. Light-weight boots and Army boots are not made for the extended use they will experience.
- Let us know about your needs prior to your child's arrival. If pants or jackets need to be purchased by Galena Ridge be sure indicate accurate sizes.
- **We do not allow baggy pants (hanging below the waist) in our program.**
- If you purchase clothing for your child, keep receipts. If an item is not appropriate or is too large we will buy a suitable fit, and will return the original to you.
- Keep in mind that most of our students identify with a particular clothing image, and that this supports some of their behavior. **We make every attempt to dress our students in practical clothes that do not support an "image".**
- **Any items that you feel are image or negative behavior related should be left at home.**
- Clothing is frequently layered during colder weather. Many items need to fit loosely to allow for this. **Cotton is an undesirable fabric, unless indicated.**

_____ **1 Pair MOUNTAIN BOOTS medium-heavy weight** hiking and general mountaineering – suitable for rough terrain.

- **vibram rubber lug soles**
- **all leather** uppers
- semi-flexible soles
- reinforced toe cap

No boots with suede or split-leather uppers. Boots should be broken in by wearing them prior to the course when possible. Price range \$130 - \$200. Some common brands are Asolo, Raichle, Merrell, Vasque. All have many styles and price ranges. Fit should be comfortable with a liner sock and heavy wool sock.

_____ **1 Pair RUNNING SHOES OR SNEAKERS**

_____ **1 Pair WATERPROOF SANDALS OR WATER SHOES**

_____ **2 Pair POLYPROPYLENE LONG UNDERWEAR** Top and bottom. No cotton substitutes. Synthetic material ok.

- _____ **4 Changes UNDERWEAR**
- _____ **4 Pair WOOL OR WOOL BLEND SOCKS**
- _____ **2 Pair SOCK LINERS** soft synthetic if possible
- _____ **2 Pair Heavy, Loose-fitting COTTON PANTS** Jeans not appropriate. Chino-type pants, hiking pants, one pair of sweatpants ok.
- _____ **1 Pair WOOL PANTS** Loose fitting, army pants with many pockets are best.
- _____ **1 Pair GYM OR WALKING SHORTS** Cotton ok.
- _____ **1 BATHING SUIT** Gym shorts can double as bathing suit if desired
- _____ **1 Heavy WOOL SHIRT**
- _____ **1 Heavy Loose Fitting WOOL SWEATER**
- _____ **1 FLANNEL LONG-SLEEVE SHIRT** Button up.
- _____ **1 LIGHT-WEIGHT JACKET** Polar fleece is a good material. **No cotton.**
- _____ **4 COTTON T-SHIRTS** No logos pertaining to drugs or alcohol, sex, musical groups or questionable image-related topics.
- _____ **1 WATERPROOF RAIN JACKET AND PANTS** Durable but light-weight. No bib overalls. Plastic or vinyl rain jackets usually last about 3 days and are unsuitable for courses.
- _____ **1 Pair WOOL GLOVES**
- _____ **1 Pair LEATHER WORK GLOVES**
- _____ **1 WOOL STOCKING CAP** Polar fleece is ok.
- _____ **1 Pair UV PROTECTED SUNGLASSES and case** This item is frequently broken on course. You need not spend any more than \$20.
- _____ **1 SUNSCREEN at least 30 rating**
- _____ **1 INSECT REPELLENT** No aerosols
- _____ **3 Ball Point PENS**
- _____ **1 SMALL FLASHLIGHT with extra AA batteries**
- _____ **1 Heavy LEATHER BELT** Braided belts will fall apart.
- _____ **1 TOILET KIT containing: TOOTHBRUSH and TOOTHPASTE, CHAPSTICK, COMB (if needed), DENTAL FLOSS**
- _____ **1 TOWEL**
- _____ **1 SWISS ARMY KNIFE** A Good Swiss Army Brand knife with can opener, 2 blades and a sawtooth blade. (sawtooth is important)
- _____ **A COUPLE of DISPOSABLE CAMERAS**
- _____ **1 SET OF TRAVEL CLOTHES** Comfortable, but not baggy clothes, may include jeans, athletic socks (2 pair), extra t-shirts. You may include another set of travel clothes if you wish.
- _____ **DAYPACK (optional, helpful)** Like a school backpack. Do not buy one!
- _____ **25 STAMPED ENVELOPES** (Large, legal size)

ANY ITEMS SUCH AS CANDY, WATCHES, JEWELRY, CELL PHONES, MUSIC PLAYERS, ELECTRONIC EQUIPMENT, ETC. WILL NOT BE TAKEN ONTO COURSE. GALENA RIDGE WILL SUPPLY: CAMPING GEAR, JOURNALS, BACKPACKS, SLEEPING BAG.

Missing Items (indicate substitutions and items missing or not taken on course by this student):
