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BACKPACKING

You Must Supply the Following Equipment

***This list works. Follow it!
If it's not on this list it is unnecessary and
will weigh you down!***

Boots and Socks: Boots are your most important piece of equipment. Comfort is the main consideration. They should be large enough to comfortably wear two pairs of socks (one pair of thick wool or synthetic socks worn over one thin pair of liners). Do not buy boots that are too small! It is important to wear two pairs of socks while hiking, in order to reduce friction between your foot and the boot. Be sure your boots are well broken in prior to your trip. The best method is simply to walk in them as much as possible, gradually working up to long distance walks. The importance of having comfortable, well broken-in boots cannot be overemphasized. It is also important that you waterproof your boots well, prior to the trip.

Clothing: Wilderness clothing should be loose fitting so that it doesn't constrict movement and circulation. Wool, capilene, polypropylene, fleece, and related synthetics will keep you warm when wet—cotton and down will not. Remember, no matter how warm and calm it may be in town, mountain weather can change rapidly and become cold or violent any time of the year. Temperatures frequently fall below freezing at night—wind chill can be severe, and although infrequent during summer months, snow can fall in the high Rockies anytime! Even desert weather can quickly become cold, wet, and windy. You should bring the following items:

CLOTHING

- 1 warm fleece or synthetic filled jacket or vest
- 1 warm wool or fleece shirt
- 1 set long underwear (not cotton) top and bottom
- 1 lightweight long-sleeved cotton shirt for sun protection
- 1 loose fitting cotton or wool pants
(avoid blue jeans)
- 1 pair of shorts
- 2 T-shirts (wear one, carry one)
- 1 or 2 extra underpants
- 1 or 2 complete sock changes (see above)
- 1 pair gloves or mittens
- 1 lightweight 2-piece nylon or gore-tex rainsuit (no ponchos)
- 1 sun hat • 1 bandana
- 1 stocking cap or ski hat
- 1 pair of sneakers, sandals, or "cros" for camp and streams

OTHER ITEMS

- Pocket knife • Sunglasses • Sunscreen
- Insect repellent (small container) and optional head net for
early-mid summer trips
- 1 small wash cloth
- 1 garbage bag to keep clothing dry
- Lightweight head lamp
- Moleskin and "second skin" for foot care
- Personal medication (if needed); also consider ibuprofen,
aspirin, or tylenol
- Matches • Toilet paper • Lip balm
- Hand sanitizer wipes or small bottle
- 1 quart water bottle (2 quarts for Southwestern trips)
- Camera (optional) • Lightweight binoculars (optional)
- Toiletries (**absolute minimum!**) small, travel-size containers
in ziplock
- Trekking pole(s) (optional, but recommended)

More: Big Wild Adventures will supply all other necessary items, including: backpacks, daypacks, tents, sleeping bags and pads, food, cooking gear, and utensils. **If you bring your own equipment for a \$200 discount**, you must bring **all** of the following in addition to the items listed above: backpack and rain cover, daypack, sleeping bag and pad, tent, and utensils (cup, bowl, spoon) plus trekking pole or poles. We supply bear spray to all clients for trips in grizzly country.

Your Body: This should be in good condition! We recommend that you consult your physician regarding your general health and your physical fitness for rigorous backpacking and for a personal conditioning program to be practiced regularly.

Water: Because Big Wild frequents remote, little-used wilderness haunts, the water quality of streams and lakes is usually excellent. However, Giardia and other intestinal microbes may be present even in remote wilderness streams and lakes. Yet many of our clients enjoy drinking pure, untreated, delicious wilderness water and encounter no problems. Nonetheless, it is your option to bring a water filter or purifying tablets for treating your personal drinking water. We do recommend such measures for our Southwestern trips. Tablets work best for the Escalante because the silty water tends to clog filters.

Have a Great Time!

Please do not bring pets, firearms, electronic equipment, or other unnecessary items not on this list!

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Help Keep the **WILD** in the Wilderness!

Each year in America there are fewer acres of wild country. In addition, our population continues to grow. So as increasing numbers of people seek solitude and natural beauty from a diminishing wildland base, impacts on land, water, and wildlife escalate. Big Wild Adventures is committed to low-impact wilderness use, and out in the wilds our group will utilize a variety of “leave no trace” techniques designed to minimize our impact on the wilderness. Meanwhile, there are a few things to keep in mind for your adventure that will enrich your experience and help to keep the wilderness wild:

- Keep your tent site in as natural a condition as possible. Do not dig trenches around your tent.
- Keep our campfires small and utilize only dead wood.
- Pick up litter. Pack out all unburned refuse. Remember, foil doesn't burn! And burning plastic produces toxic fumes.
- Do not cut switchbacks on the trail. Cutting switchbacks scars the ground and causes erosion.
- Use soap or shampoo away from water or **not at all**. Water alone is a great cleaning agent. **Never use soap or shampoo in creeks or lakes!** If you must use soap or shampoo, rinse at least 200 feet from water.
- Bury human waste and paper in a 6-8 inch deep “cat hole” at least 200 feet from water. Thoroughly reclaim the site to a natural appearance, and use the digging trowel **only** for digging the original hole. (In some situations such as deserts or high alpine areas, your guide may modify these instructions.)
- Urinate at least 100 feet from water.
- Minimize noise created by loud and boisterous talking and unnecessary shouting. Learn to talk in a relatively subdued “wilderness tone.” Remember, excess noise disturbs both wildlife and other campers who seek solitude, silence, and wildness.
- Please treat equipment gently to maximize its longevity; this minimizes consumption and can help to reduce landfill expansion, plus it helps to keep our prices down.

PLEASE NOTE: Important!

*Wilderness travel can be physically demanding. Though prior experience is not required for our trips, **good fitness is essential!** Depending upon the trip, you will be hiking from four to ten miles on most days (all trips have one or two scheduled layovers) over variably rugged terrain. Or you will be paddling for considerable time periods, sometimes into strong head winds.*

Sustained cardiovascular workouts of power walking, running, hiking, bicycling, etc. are strongly recommended; weight training is also very helpful. Beginning and maintaining a regular conditioning program until trip departure will greatly enhance your safety and enjoyment!

*If you haven't had a recent physical exam or if you have doubts about your health or fitness, we **strongly recommend** that you see your physician before the trip.*