

University of Minnesota Duluth - Outdoor Program

Rainbow Lakes Backpacking Equipment

On this trip the weather may vary from hot and sunny with a high of 60 degrees to cold, rainy, and windy and in the 30 degree range. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing nearly all of your layers. Be aware that the trails can be wet and muddy, so choose footwear accordingly.

GROUP GEAR:

Folding saw	Tarps
Tents	Matches
Toilet tissue	First Aid kit
Kitchen and cookware	All transportation from UMD
Each meal while on the trail	

YOU NEED TO BRING:

- Sleeping pad (closed cell foam or self-inflating)
- Sleeping bag (rated to 20 degrees F) in a compression stuff sack
- Boots – durable boots with heavy duty soles & ankles support
- Shoes - soft soled shoes for wearing in camp
- Backpack – internal or external frame – to carry all items
- 1 Pair pants – loose & comfortable (wool, nylon, supplex, or light cotton)
- 2 Piece rain-suit of durable material
- 1 Pair long underwear (no cotton)
- 1 Pair spare underwear
- 3 Pair wool socks
- 1 Long sleeved shirt
- 1 T-shirt
- 1 Heavy sweater (wool or fleece)
- Fleece coat or other warmth layer
- 1 Lightweight jacket
- Toiletries: Toothbrush/paste, Soap in plastic bag
- Moleskin – for blister prevention
- Sunglasses
- Gloves or mittens and a winter hat
- Pocket knife
- Baseball style or wide-brim hat for sun protection
- Spare prescription glasses with safety strap
- Unbreakable eating utensils (plate, cup, bowl, k,f,s)
- Flashlight w/ fresh batteries
- 2- 1 quart unbreakable plastic water bottles or platypus style hydration system
- Binoculars (optional)
- Compass (if you have one)
- GPS Unit (if you have one)

RENTAL:

If you don't have some of the major items, check with the leaders and they can direct you how to rent the items.

EQUIPMENT TIPS:

- Most full size backpacks will work for this trip, but a good quality pack is often worth it in comfort. Make sure the pack fits you properly. To learn how to fit your pack properly, check with someone at a reputable store or a veteran backpacker. An internal frame pack of around 4500 to 6000 cubic inches is what is needed.
- Quality rain gear really helps you enjoy inclement weather.
- Long underwear should be a synthetic material, not cotton. If you don't have any, most outdoor stores have appropriate supplies.

EXTRAS YOU CAN BRING:

Camera, Journal, Pencil, book to read, personal map

DO NOT BRING:

- Phones
- Cosmetics
- Junk food
- Recreational drugs or alcohol.

The Real Classroom is outside...Get into It!