

## University of Minnesota Duluth - Recreational Sports Outdoor Program

# Red River Road Trip Equipment List

On this trip the weather may vary from warm and sunny with a high of 90 degrees to cold, rainy and windy conditions with temperatures possibly dropping down into the 20s at night. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing several of your layers. Pack equipment in large duffel bag or backpack. Bring a smaller daypack for easy access articles on trail or climbs.

### WE FURNISH:

- Tents
- Food
- Climbing Gear
- First-aid kit
- Cooking utensil kit
- Climbing Shoes
- Camp stoves/fuel
- Tarps
- Ropes/anchors
- Cook kit
- Toilet paper
- Harnesses/helmet

### YOU NEED TO BRING:

#### Van Travel

- Pillow, comfy clothes and food money

#### Caving

- The cave **requires** high top over the ankle, lace-up boots with treaded sole
- Long pants should be worn
- Soft knee pads are recommended

#### Climbing

- Warm, comfortable outdoor clothing dress in layers
- Chalk ball and bag are optional

#### Hiking

- Hiking boots
- Comfortable layered clothing
- Daypack and water

#### Camping/General

- Sleeping pad (closed cell or Therma-rest)
- Sleeping bag (to 20°)
- Broad brimmed hat for sun protection
- Unbreakable eating utensils (plate, cup, bowl, fork, spoon)
- Flashlight or Headlamp w/ fresh batteries
- Soap/shampoo/hygiene kit/toothbrush/paste
- Sunglasses/Sunscreen
- Day pack

#### Clothing

- Rain gear top and bottom
- Warm jacket
- Comfortable, loose fitting pants
- T-shirts
- Long underwear (not cotton)
- Bandana
- Wool or fleece shirt/sweater
- Underwear
- Swimsuit/Towel
- Shorts
- Sleepwear
- Socks (wool or synthetic)
- Light shoes or Sandals
- Hiking shoes or boots

### EQUIPMENT TIPS:

- Be sure to bring clothing that will keep you comfortable in possibly wet and windy conditions.
- Cotton is for van riding and inside wear only. All your outside layers should be synthetic or wool.
- Protect yourself from the strong rays of the sun with a combination of wide-brimmed hat, sunscreen and protective clothing.
- Sleeping bags and pads along with other gear can be rented from the RSOP Rental Center located in the Sports and Health Center.

### EXTRAS YOU CAN BRING:

Camera, binoculars, journal, pencil/pen, pocket knife, music and DVD's for in the van, books to read, field guides, playing cards, compact art supplies.

### DO NOT BRING:

- Valuables
- Recreational drugs or alcohol

### GENERAL INFO:

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