

Rules:

#1 Don't Panic

#2 We will have two conference calls between now and the trip, so write down your questions and we will review.

#3 If it looks like you are spending too much money we will discuss on the conference call.

#4 Keep tags on all items so you can return if you do not need. Campmor gives 6 months to return (I believe).

Clothing and Gear List – What to bring on course

For the following courses:

- Summer Colorado Courses

About this List

Please bring everything on the list! This list is very broad and designed to be a complete “stock” of all possible clothing combinations appropriate for this course type. It includes enough items to pack “heavy” if temperatures are on the cold side but varied enough to pack “light” if it is warm. Once on the course, your instructors will help you select from your “stock” the best combination of items for you. We suggest **leaving the tags** on any items you purchase so that they can be returned if not worn on course. Please be aware of retailers’ return policies!

Please do not bring significantly more than is on this list, as it may make travel cumbersome.

For Help

If you need help at anytime with this list, call Jenny Lazar course at 914-584-0177. Students frequently ask about cost saving ideas, extra items not mentioned on the list, and gear quality.

Weather during your course

Summer in the mountains is beautiful, but unpredictable. We can’t predict exactly what the weather on your course will be like. In July and August, most of the snow will have melted away. Daytime temperatures can reach 80+ degrees on any given day, but rain and snow are always a possibility. Afternoon thunderstorms are common. Nights can be below freezing. Understand that whatever the time of year, it can be sunny and warm one minute and then cold and raining the next.

Cost Saving Ideas

We realize that the clothing and gear necessary for this wilderness course can become expensive. Here are some ideas to help you keep costs down:

- In the clothing list below, **priority items** are marked with a “!”. Prioritize spending on these items, even if it means spending less on other items. You may be able to find bargains on priority items, too.
- To spend less on lower-priority items, try:
 - **Thrift stores** (like Army Surplus or Goodwill): often times, you can get fleece layers, hats, pants and shirts.
 - **Consignment shops**: slightly more expensive than thrifts stores, but higher quality in general
 - **Overstock Merchants**: [Sierra Trading Post](#) or [REI Outlet](#). Also, www.campmor.com is great.
 - **Costco**: in some areas Costco carries name brands, like Patagonia, as well as cheaper, appropriate brands. Just make sure you’re getting the right materials (e.g. not cotton).
 - **Use** what you already have (if appropriate) or **borrow** from friends and family.

Layering your clothing

Our clothing list reflects the importance of the layering principle. Dressing in several light layers rather than one heavy layer allows you more options as the weather and workloads change. When shopping or packing, keep in mind

that layers need to be able to fit over top of other layers (i.e. your waterproof jacket should fit over top of 1-4 layers of shirts and mid-weight jackets).

Staying Warm with Layering: (General information, details are on the next page)

1. **First Layer:** usually called the wicking layer (e.g. socks, long underwear, synthetic t-shirts) – Moisture is the enemy of warmth. Sweat from physical activity (like hiking) is your body’s attempt to cool down. Wicking layers pull moisture away from your body so your sweat does not cool you down excessively. This layer is worn next to your skin. Cotton items are not an appropriate wicking layer because they retain moisture and exaggerate sweat’s cooling effect. 1 t-shirt is fine for hiking. **Tzitzis: Cotton, Wool, and synthetic mesh are acceptable. 2 pair plus one for Shabbos.**

2. **Mid Layer(s):** usually called the insulation layer (warm tops, fleece pants, etc.) – This should be thick, fluffy sweaters and jackets that will trap and store the heat your body is producing to keep you warm. This layer is worn on top of the first layer. There might be more than one component of the “insulating layer” like a medium weight fleece (or wool) and a heavier top. Avoid down insulation for this course because it is likely to get wet, and down insulation doesn’t work well when wet. Old wool suit pants can be used as an insulating layer over long underwear as discussed above.

3. **Outer Layer:** usually called the “shell layer” or rain gear – This layer protects you from wind and water. It should be waterproof and breathable, meaning that it repels rain, but allows vapor from your body to escape. The third layer is worn on top of the first and second layers. ***See more notes on raingear in the list below.*



Materials

Most items listed on the next page should not be cotton or down insulation because both absorb water, dry slowly, and steal your warmth when wet. If an item can be cotton or down it is noted. Acceptable options include wool, capilene, and synthetic blends like poly-propylene

Required Items - PLEASE BRING ALL ITEMS IN THIS SECTION

An exclamation point, “!” in the left column indicates a high priority item, worth investing more money in, even if that means spending less money on other items. See “Cost Saving” notes on page 1.

A “2nd” in this column means it is a likely item to find at a second hand store.

= How many of an item to bring. A “+” indicates you can bring more if you’d like.

| Top Layers - Required | | | | |
|-----------------------|-----|---|--|--|
| ! | 2nd | # | Item | Description |
| | | | Campmor item #'s listed below and easily be searched on www.campmor.com | |
| | 2nd | 1 | Wicking Short Sleeve T-Shirts & 1 Cotton T-shirt | This T-shirt is made out of wool or synthetic fabric that moves moisture away from your skin and allows maximum airflow. |
| | 2nd | 1 | Long Underwear Top | Should be synthetic or wool. Should be “form fitting”, but not restrictive. Example: Campmor Item #: 47153 |
| | 2nd | 1 | Light Insulating Jacket | Fleece or wool mid-layer, like Campmor Item #: 75249 A hood on this layer is a luxurious plus. |
| | 2nd | 1 | Mid-weight Insulating Jacket | Heavier fleece like Campmor Item #: 88513 or a lightweight synthetic puffy jacket, such as the REI Revelcloud Jacket (Down insulation is not appropriate for this layer due wet conditions). |
| ! | | 1 | Waterproof/Breathable Rain Jacket <i>**See additional notes below</i> | Must fit over all your other layers. We recommend a high quality, waterproof breathable fabric. The best balance of cost and performance we’ve found is the Campmor Item #: 72650 |

| Bottom Layers - Required | | | | |
|--------------------------|-----|----|---|--|
| ! | 2nd | # | Item | Description |
| | | 4+ | Underwear | we recommend boxer briefs or briefs., cotton is okay. |
| | | 1 | Long Underwear | Wool or synthetic tights. Should fit over your underwear, and under your outerwear. Example: Campmor - Item #: 47106 |
| | 2nd | 1 | Shorts | Synthetic. If your pant legs zip off to become shorts that works. |
| | 2nd | 1 | Hiking Pants | Lightweight, synthetic and quick drying. <u>Old suit pants (wool or polyester work for this)</u> Campmor Item #: 72742 or Item #: 54399 |
| | 2nd | 1 | Lightweight Synthetic Belt | Something that will fit smoothly under your backpack belt. Even if you pants fit now, you might be slimmer day by day. |
| | 2nd | 1 | Warm Long Pants | _____ _____ A Second pair of old suit pants will work. |
| ! | | 1 | Waterproof Breathable Rain Pants <i>**See additional notes below</i> | Similar to your rain jacket, we recommend your rain pants be waterproof breathable. Campmor Item #: 72652 <div style="border: 1px solid red; padding: 2px; display: inline-block;">Optional but nice if budget allows</div> |

**More info on Rain Pants and Jackets

After footwear, rainwear is the most critical part of your clothing system. It can make or break your experience. If you have to cut costs elsewhere to invest more in rainwear, we recommend doing that. In general, you get what you pay for in rain gear.

All rainwear should be a **WATERPROOF AND BREATHABLE** fabric, not merely water resistant. It must have a hood. [Gore-Tex](#), a brand name fabric that many manufacturers use, comes in differing layer amounts, from 1 to 3-layer. 3-layer is the most water resistant, and the most expensive. For this course, 2.5 layers or 3 layers are recommended. Many companies make their own version of this waterproof, breathable fabric that is of high quality. For example, REI uses eVent; Patagonia uses H2no; and The North Face has HyVent. Please call your Jenny Lazar if you have any questions regarding proper rainwear for your course.

Please see note on right hand side ----->

Here are some examples of acceptable rain jackets, and 2015 retail prices.

- [Patagonia Torrentshell](#) - \$129
- [REI Crestrail Jacket](#) - \$139 (
- [Outdoor Research Foray Jactet](#) - \$215

Here are some examples of acceptable pants, and 2015 retail prices.

- [Marmot Precip Pants](#) - \$95
- [REI Alpine Lakes Pant](#) - \$99

The items listed below are also required as noted.

These are much more expensive as compared to Campmor options, listed above. These are better but if budget does not allow, the Campmor items are good options, especially if your son is still growing.

For more rainwear info: <http://www.rei.com/learn/expert-advice/rainwear-how-it-works.html>

| Head & Hand Layers - Required | | | | |
|-------------------------------|-----|---|--------------------------|---|
| ! | 2nd | # | Item | Description |
| | 2nd | 1 | Warm Hat | Wool or fleece. Must fit under a helmet. |
| | | 1 | Neck gaiter or balaclava | Wool or synthetic. Buffs work well. Campmor Item #: 36152 - OPTIONAL |
| | 2nd | 1 | Baseball Cap or Visor | Necessary for sun protection; full-brimmed hats do not work well with backpacks. We recommend a crushable synthetic visor , but any old ball cap will work. Cotton is okay here. |
| ! | | 1 | Gloves | Should have waterproof, breathable shell, and light synthetic insulation. Removable liner is a plus. Example: REI Gauntlet Glove or SealSkinz Gloves Campmor Item 44423 |

| Foot Layers - Required | | | | |
|------------------------|-----|----|--|--|
| ! | 2nd | # | Item | Description |
| ! | | 1 | Boots | The most critical piece of clothing and gear. Please see corresponding Boot Document for more guidance. |
| | | 4+ | Medium Weight Hiking or Ski Socks and liners | Wool or Synthetic – 4 pr base hiking sock; Campmor - Item #: 19177. 2 pair liners necessary. Campmor Item #: 02168 |
| | 2nd | 1 | Sneakers. Like running shoes. Light weight, Croc's | Something comfortable and that you can be active in and don't mind roughing up. Athletic running or tennis shoes are fine. |

are not a great choice, if anything else is available.

| Personal accessories – Required (if pertinent to you) | | | | |
|---|-----|---|--|---|
| ! | 2nd | # | Item | Description |
| | | 1 | Insurance Card | If you are covered under any medical insurance please bring your card. The actual card is preferred, but a copy of the front and the back of the card will be okay. |
| | 2nd | 2 | Bandanas | This all-purpose piece of cotton absorbs sweat, cleans off trail-grime and offers a multitude of other camp and trail uses. |
| | | 1 | Sunglasses with keeper strap | Sturdy & dark wrap-around style sunglasses to keep the sun and wind completely out and for high altitude. If you need prescription glasses, make sure you bring prescription sunglasses or sunglasses that fit over your prescription pair. |
| | | 1 | Prescription Eye Wear + Extra Glasses | Contacts – bring more than enough, and bring back up. Glasses - Make sure they work with sunglasses (or are prescription sunglasses). Bring an extra set of glasses in case of loss or damage. |
| ! | | 2 | 32 oz. Water Bottles - 3 empty seltzer bottles are fine | Wide-mouthed and durable—Nalgene, Sigg, and Klean Kanteen are good brand names. Minimum 32oz capacity. We recommend 32 oz. wide mouth Nalgene . Seltzer bottles work |
| | | 1 | Headlamp + 1 Extra set Alkaline batteries per week of course (Fewer needed if you're using lithium batteries). | This is a hands free flashlight. It is either an LED or halogen headlamp that uses a minimum of three volts (two or more AA- or AAA-batteries). Halogen bulbs are bright but consume more battery power. LED lamps are bright and consume very little battery power. Black Diamond, Petzel and Princeton Tech are reputable brands. Example: 5a Ucb'Wa ~ Ga Uf@JYI 'fU'X' |
| | | 2 | Prescription Medications | THESE MUST BE DECLARED DURING THE APPROVAL PROCESS. |
| | 2nd | 1 | Watch | Must have alarm. Water resistant is a plus. |
| | | 6 | Large zip-lock plastic bags | Heavy duty to protect cameras, etc. from sand and water. 1 Gallon |

| Toiletries – Required (if pertinent to you) | | | | |
|---|-----|-------|---------------------------------------|---|
| ! | 2nd | # | Item | Description |
| | | 15 oz | Waterproof sunscreen | SPF 30 or greater, travel size. |
| | | 1+ | Lip balm | SPF 30 or greater. |
| | | 1 | Toothbrush and travel-size toothpaste | |
| <p>Sleeping bag: Needs to be rated to 30deg.</p> <p>Tefillin: We will provide a waterproof case.</p> <p>Siddur: The smallest (lighter) the better. You can pack a separate Shabbos siddur in the your Shabbos luggage.</p> <p>Shabbos clothing. Suit or slacks and jacket. Hat at your discretion, it might be tough to transport. Chumash for Shabbos.</p> | | | | |
| | | | Baby Wipes | For extra cleaning and hygiene |
| | | 1 | Insect Repellent | Small size, in unbreakable bottle. Products with Picaridan or DEET (25%-35%) are most effective. (small container, Campmor Item #: 82119) |

| Travel to and from – Recommended; you won't carry this stuff in the backcountry. | | | | |
|--|-----|----------|---|--|
| ! | 2nd | # | Item | Description |
| | | - | Emergency contact numbers for travel delays | Carry a copy of the phone numbers to use in case of travel delays (from the travel and itinerary document) and a copy of the photo page of your passport. |
| | | - | Money | The first day is often long. Have cash to buy snacks along the way or bring food with you. You may also have the chance to purchase You will use Bnei Torah group gear for camping and cooking. This is free to use, but if you lose or intentionally break any COBS items, you'll pay for it at the end of course. Cash, check or credit are all acceptable. |
| | | 2-3 sets | Casual Clothes | Used for travel, base camp time, and the trip home. |
| | | | Extra toiletry items | Whatever you like for traveling. This will likely be slimmed down for carrying in the backcountry to keep packs as light as possible. IE Soap |

Your clean travel clothes, luggage, cell phone and any other items not needed during your course will be stored in a secure place at our basecamp and will be returned to you at the end of course.

Optional Items

These are NOT required and you will be fine without them. Please only buy them if you plan to use the items again after your course or you think they will be of great assistance to you while on course (you may be asked to leave these behind depending on weather and availability of space).

| Optional Items | | | | |
|----------------|-----|---|-----------------------------------|--|
| ! | 2nd | # | Item | Description |
| | | 1 | Camera, Batteries, Memory Cards | We recommend small, light digital cameras or disposable 35mm cameras. Bring multiple cameras if disposable. If bringing a non- disposable camera, consider taking extra precautions like putting it in a Ziploc bag or Pelican hard case to keep out dirt and sand. Do not count on using your phone as your camera. We do not allow phone use on courses. |
| | | 1 | Trekking poles | These are of great assistance to those who experience knee problems or want more stability on the trail. Should be adjustable to strap on your pack when needed. We recommend Flip Lock style instead of expansion nut style. Example: REI Traverse Powerlock . Black Diamond and Leki are also reputable trekking pole brands. Please label your poles with your name and phone number so that we can find them if they are accidentally left behind. |
| | 2nd | 1 | Simple pocket knife or multi-tool | Lightweight, with can opener. No fixed blade knives. Example: Swiss Army Spartan Knife or Leatherman Rev. Must be packed in luggage, not carry on. |
| | | 1 | Water bladder or hydration system | CamelBak or Platypus are good brands; there are several others. Please bring a hard 32oz water bottle as a backup in case of breakage in the field. |
| | | 1 | personal learning materials | We will supply materials for our learning. Whatever you bring make it light. |
| | | 1 | Moisturizing lotion | For dry skin. 3 oz. max. |
| | | 1 | Stationery, and pen | Envelopes, stamps, paper and pen for sending out letters. |

Gear that HcfU Provides

Please note HcfU provides all other equipment including but not limited to **gYd]b] pads, backpacks, camp gear**. There are no additional fees for the use of our equipment. If you have your own equipment and it meets the below criteria, you are welcome to bring it with you. Please be aware that your instructors will assess it for appropriateness and may ask you to use our gear in lieu of your own if they do not find your gear adequate for your particular course.

If you **DO** wish to bring some of your own gear, here are our minimum standards for what **MAY** be acceptable for few common items.

- Sleeping pads – can be $\frac{3}{4}$ to full size in length. They can be made of closed-cell foam ([Ridge-Rest](#)) or be inflatable ([Therma-Rest®](#)). If you bring an inflatable pad you must bring a patch kit as well. Remember that inflatable pads usually weigh considerably more than closed-cell foam pads. [Example: Therma-Rest Ridge Rest](#)
- Backpacks – need to have a minimum capacity of 80 liters, should carry 45-60 lbs. comfortably. [Side pockets are also a useful option.](#) Example: [Osprey Aether 85](#)

Mountaineering and Backpacking Boots

For the following courses:

- Summer and Fall Colorado Courses



This document is designed to help you decide which boot is right for you on your course. The Rocky Mountain course areas require a properly fit boot built to give you the support and performance you need to carry a heavy pack on snow, loose rock, soggy meadows, and hot, dusty trails. A good boot and a mediocre boot can mean the difference between focusing on the scenery or focusing on your feet. A bad boot could even stop you from completing the course.

- On Page 2 you will find a list of acceptable boot types and models. Please **ONLY** bring boots from this list unless your course advisor approves other boots.

• **Expect to spend between \$130 - \$195 retail for new boots. I URGE YOU TO GO WITH YOUR SON TO CAMPMOR , it is in Paramas, NJ. They are very knowledgeable. You want a mid-weight mid-height hiking boot such as Campmor Item #: 15567 or Item #: F0193**

- **Expect to spend between \$130 - \$195 retail for new boots. I URGE YOU TO GO WITH YOUR SON TO CAMPMOR , it is in Paramas, NJ. They are very knowledgeable. You want a mid-weight mid-height hiking boot such as Campmor Item #: 15567 or Item #: F0193**
- **Please be sure to try your boots on, and break them in. A boot that doesn't fit your foot or is not broken in will be very uncomfortable, even if it is the best boot money can buy.**

Too Low Cut

probably too soft



Timberland Thorton Mid GTX - Men's

\$94.96

List Price: \$120.00

Sizes: 8, 8.5, 9, 9.5, 11, 12



Timberland Thorton Mid GTX - Men's Wide

\$94.96

List Price: \$120.00

Sizes: 9



Merrell Phoenix Bluff Mid WP Hiking Boot - Men's

\$109.95

Sizes: 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, 13, 14



Merrell Phoenix Bluff Mid WP Wide Hiking Boot - Men's

\$109.95

Sizes: 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, 13, 14



Keen Koven Mid WP Hiking Boot - Wide Men's

\$119.95

Sizes: 9, 9.5, 10, 11, 11.5, 13



Merrell Epiction Mid Waterproof - Men's

\$123.96

List Price: \$179.95

Sizes: 8, 8.5, 10, 10.5, 11.5, 12, 13, 14



Merrell Capra Bolt Mid WP Hiking Boot - Men's

\$139.95

Sizes: 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, 13, 14



Merrell Chameleon Shift Mid Waterproof Hiking Boot - Men's

\$159.95

Sizes: 8, 8.5, 9, 10.5, 11, 12, 13, 14



Merrell Phaserbound Waterproof Backpacking Boot - Men's

\$169.95

Sizes: 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, 13, 14



Keen Durand Mid WP Hiking Boot - Men's

\$179.95

Sizes: 8, 8.5, 9, 9.5, 11, 11.5



Vasque St. Elias GTX Backpacking Boot - Men's

\$199.95

Sizes: 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, 13, 14



Vasque St. Elias GTX Backpacking Boot - Men's Wide

\$199.95

Sizes: 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12



Salomon X Quest Origins GTX Backpacking Boot - Men's

\$215.96

List Price: \$299.95

Sizes: 8, 8.5, 9, 9.5, 10.5, 12, 13



Vasque Summit GTX Medium Weight Backpacking Boot - Men's

\$219.95

Sizes: 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, 13, 15



Vasque Summit GTX Medium Weight Backpacking Boot - Men's Wide

\$219.95

Sizes: 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 13



Merrell Crestbound GTX Backpacker - Men's

\$113.96-\$229.95

Sizes: 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, 14



Asolo Fugitive GTX Waterproof Light Hiking & Trekking Boots - Men's

\$239.95

Sizes: 8, 8.5, 9, 9.5, 10, 11, 11.5, 12, 13, 14



Asolo Men's Fugitive GTX Waterproof Light Hiking & Trekking Boots - Wide

\$239.95

Sizes: 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12



Lowa Camino GTX Flex Hiking Boots Medium Width - Men's

\$299.99



Merrell Wilderness Original Hiking Boot - Men's

4.0

CONSIDER THE FOLLOWING BOOT CHARACTERISTICS WHILE SHOPPING:

BOOT DESIGN

Boot Height

Mid-High cut boots provide good balance and ankle support for off-trail terrain and heavier loads. They are the most appropriate design for our course area. Mid- and low cut boots do not provide much ankle support, tend not to be built for heavy loads or snow walking, and are not appropriate for our courses.

Material

Full Grain Leather: Boots such as the La Sportiva Glacier are made with thick leather called full grain leather. This is the traditional material for backpacking and mountaineering boots.

- **Pros:** Long lasting, durable, when cared for correctly, very water proof.
- **Cons:** Heavy, requires a long break in period, doesn't let sweat vapor escape as well.

Synthetic: These boots are made of lightweight, synthetic materials. Most of the modern technical mountaineering boots are made of a combination of leather and synthetic materials to reduce weight.

- **Pros:** Lighter, more comfortable off the shelf, easier on the feet, easier to hike on-trail with
- **Cons:** Less durable, waterproof GTX liner wears out within a couple of years.

WATERPROOF / BREATHABLE LINERS

Waterproof/breathable linings, such as GORE-TEX, are generally denoted by a GTX in the model name. When new, they are great for keeping feet dry in consistently wet conditions (as we often encounter on course), and highly recommended for early season snowy courses. Boots with mesh that allow water or air to move directly to the feet are not appropriate for course. As noted above, these linings typically become less waterproof over the course of a couple years of use.

Waterproof is not necessary for this August course. If your son perspires heavy, try to avoid waterproof.

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INTENTIONALLY BLANK

To start, fully lace the boots and walk around the store to get a feel for the boot fit. If you can load a backpack with weights while you do this, even better. If your store has an incline ramp, walk up and down it.

While walking, keep in mind:

- **Toes:** You should have some room to wiggle your toes at the front of your boot. It is okay to have your toes *slightly* touch the front of the boot, but they should not be pressed against the front of the boot.
- **Heels:** Your heel may slip a little in the back of the boot, especially while walking uphill, but more than ¼" is too much. If your heel slips at all, try retying the boot tightly around the ankle or switching insoles.
- **Pressure Points:** There should be no obvious pressure points.

Your boots will feel stiffer than your usual footwear, but should still feel comfortable. If you are worried about your boots fitting correctly, ask the salesperson if you can wear them around the house for a few hours and bring them back if there is a problem.

If you need to choose between a boot that is slightly too tight, and one that's slightly too loose, opt for the looser.

Different brands and models have slightly different shapes. One brand may fit your foot better than another. This is another reason to try on many different types and brands of boots.

BREAKING IN YOUR BOOTS and FEET

Once you have your new boots, it is important to break them in. If you have synthetic boots or used leather boots it is not as important to break the boots in, but it is still very important to **break your feet into the boots**. You need to develop callouses and foot fitness that will keep your feet happy on course. Wear them around town, to school and at home, for at least two weeks before course. If you have new, all leather boots, hike at least 10 miles in them before going on course.

WATERPROOFING YOUR BOOTS

It is important to waterproof your boots beforehand as well—there will be limited chances to waterproof boots on course. Use whatever is appropriate for your boot type, according to the manufacturer. Rub in sealer on all leather surfaces and stitching. Let boots dry naturally. Never heat your boots in ovens or near fires and heaters.