



TVR EXPEDITIONS EQUIPMENT LIST



We require Expeditions participants to arrive in Wyoming with **every piece of equipment listed below**. The only thing predictable about weather in the Tetons is its unpredictability. Mid-summer snow storms and below freezing temperatures are not uncommon, and having the proper equipment is essential. TVRC accepts no responsibility for lost or damaged items, **PLEASE LABEL ALL CLOTHING AND GEAR!**

CRITICAL EQUIPMENT: Everyone must bring their own internal frame backpack, 0-degree sleeping bag, and hiking boots

BACKCOUNTRY EQUIPMENT

BACKPACK

Kelty, Osprey, Gregory, REI, etc.

A properly fitted backpack is crucial. We advise you to visit a retail store for professional sizing and fitting.

- Internal Frame Backpack (>75L volume)

JACKETS AND RAIN GEAR

REI, North Face, Patagonia, Marmot, REI, etc.

Warmth is the key. Layering fleece and down jackets is more effective than wearing a single heavy jacket. Gear should be lightweight and breathable.

- Rain pants
- Rain shell
- Fleece jacket/pullover
- Down/synthetic jacket

SLEEPING BAG AND PAD

REI, Marmot, Big Agnes, Kelty, ThermaRest, etc.

One of the most important pieces of gear; sleeping bags must be 0-degree and come with a good compression sack.

- 0-degree down or synthetic sleeping bag (with compression sack)
- Inflatable or foam sleeping pad

FOOTWEAR

Asolo, Vasque, La Sportiva, Chaco, Crocs, etc.

*It is critical that **ALL FOOTWEAR IS BROKEN IN AT LEAST 1 MONTH PRIOR TO ARRIVAL**. Hiking boots need to be ankle high and should be waterproof (GoreTex or leather). In-camp shoes (worn at campsites) must have an ankle strap.*

- Hiking boots
- In-camp shoes (Chacos/Crocs)
- Gaiters (Outdoor Research is recommended)

CLOTHING AND BASE LAYERS

SOCKS, UNDERWEAR, & MISCELLANEOUS

SmartWool, Patagonia, REI, etc.

Wool hiking socks are critical on extended backpacking trips

- 6 pairs underwear (synthetic material)
- 6 pairs synthetic/wool hiking socks
- 2 pairs lightweight socks or liners
- 1 warm hat (thin enough to fit under a helmet- no pom pom)
- 1 pair fleece gloves

SHIRTS

REI, North Face, Patagonia, Under Armour

Please no cotton! Synthetic materials are far more effective at wicking moisture and keeping warm when wet.

- 2 long sleeve shirts
- 3 short sleeve shirts
- 1 mid-weight synthetic long sleeve (for layering over base layer shirt)

PANTS

REI, North Face, Patagonia, Mountain Hardware, etc.

*Lightweight, zip-off hiking pants are nice because of the large fluctuation in temperature each day. Pants are **necessary** for climbing the Grand Teton.*

- 1-2 pairs lightweight hiking pants
- 2 pairs lightweight hiking shorts
- 1 pair sweatpants (fleece recommended)

BASE LAYERS

REI, SmartWool, Patagonia, Under Armour, etc.

Long underwear base layers are essential for comfort and warmth when sleeping. They are perfect for layering on cold mornings and nights.

- 1 pair long underwear, top and bottom (wool or synthetic)

OPTIONAL/RECOMMENDED ITEMS

- Trekking poles
- Leatherman/pocket knife
- Crazy Creek chair
- Camelback/hydration pack
- Swim suit
- Cup/mug
- Camera
- Backpack rain cover
- Money for meals and snacks in town
- Buff/balaclava
- 1 pair of "in-camp" clothing
- 1 sun shirt

REQUIRED MISCELLANEOUS ITEMS

- Sleeping bag liner
- Polarized sunglasses
- Plate/bowl
- Silverware
- Toiletries
- Towel for in camp shower
- Sunscreen
- Chapstick
- Bug spray
- Watch
- 2 Nalgene Water Bottles (32 oz)
- 1 headlamp
- 1 extra set of batteries
- Baseball cap

NOTE: Participants may bring electronics with them to the ranch. No electronics will be permitted in the backcountry!!

Not all of this clothing will go with participants at the beginning of the backpacking trip; they will have the opportunity to receive clean clothing half-way through their Crest Trail Trip at the re-ration.