# IUBEGINNINGS ROCA PERSONAL GEAR LIST

This is a checklist of the required items you will use on this trip. Please arrive with all of these items either in your possession or rented from IUOA, plus any of the suggested items that you choose to bring.

## Upper Body Layers
- 1 Long sleeve shirt (synthetic or wool)
- 3 Short sleeve shirts (at least 2 synthetic or wool, no more than 1 cotton)
- Under layer-light or mid-weight long underwear shirt (synthetic or wool)
- Insulating layer – fleece or wool sweater
- Rain jacket - durable nylon waterproof shell

## Lower Body Layers
- Long pants (synthetic- nylon – quick drying)
- Long underwear pants (preferably synthetic)
- Shorts – at least one pair is synthetic
- Swimsuit
- Underwear
- Rain pants

## Head & Hands
- Hat with visor (for sun)
- Wool or fleece hat (synthetic, for cold weather)
- Sunglasses with retainer

## Feet
- Lightweight hiking shoes or hiking boots
- Camp shoes – sneakers or closed-toed sandals
- 2-3 pairs mid-weight wool or synthetic socks

## Sleeping
- Synthetic sleeping bag (rated to at least 30° F)
- Sleeping pad

## Personal Necessities
- Bowl/plate, Cup/mug
- Eating utensil (fork/spork)
- 2 Water bottles - 32oz each minimum
- Headlamp or flashlight with batteries
- Personal hygiene items – toothbrush, toothpaste, feminine hygiene products, personal medications
- Glasses/contact lenses – bring spare pair
- Sunscreen and lip protection
- Bandana
- Day pack

## Suggested
- Crazy Creek (camp chair)
- Pocket knife – folding knives only
- Small towel, lightweight chamois or synthetic
- Dry bag
- Matches/lighter
- Plastic bag(s) of various sizes
- Small amount of money
- Camera

## Group gear provided by IUOA
- Expert instruction
- Tents
- Cooking gear
- Food
- Transportation (IU vehicles)
- Leave No Trace Kit – toilet paper, trowel
- Climbing equipment

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**Gear Key:**

* Item is available for rent from IUOA. Please call 855-2231 at least three weeks prior to the trip to reserve your gear.

$ Item is available for purchase from IUOA. Please call for price and availability.

Good places to purchase gear: IUOA Gear Shop, JL Waters, Dick’s Sporting Goods, Goodwill