Welcome to Scrambles!

Reading this list will give you a good idea of the gear typically brought on your Scramble, what is necessary, what is strongly recommended and what is optional. Please try to stick to the list, as extra gear creates weight and space issues when packing for your trip. Specific gear lists will change dependent on the route, weather and/or your trip leaders. Please do not hesitate to contact the OP Rental Shop at (509) 527-5965, the Scrambles Coordinator at scrambles@whitman.edu, or your leaders if you have any questions about gear. We would be more than happy to help you with your decision making!

Every year the Scrambles program encounters variable weather. In a year with colder or rainier weather you will need all the items on this list. We do not expect you to purchase every item listed however; instead you can borrow items, rent from the OP Rental Shop (please make reservations early to guarantee we have what you need), shop at used gear or thrift stores, and purchase items that will mimic the qualities described. Please remember the most important rule pertaining to gear:

***NO COTTON!!!*** SYNTHETIC OR WOOL MATERIALS ONLY

* = Items available for rent in the Outdoor Program Rental Shop
$ = Items available for sale in the OP

**Clothing**

- **Lightweight Long Underwear Top ($)** No cotton (Capilene is preferred). Wool or performance polyester works as well.
- **Insulating Tops (*)**. 2-3 soft shell jacket, fleece, wool sweaters, expedition weight long underwear.
- **Sun Shirt**. Lightweight long sleeve synthetic shirt to protect from sun (i.e. Patagonia sun hoody or old long sleeve dress shirt).
- **Underwear**. 0-3 pairs non cotton underwear. Exception for women: 1-2 of these can be cotton underwear for camp.
- **Lightweight Long Underwear Pants ($)** No Cotton (capilene is preferred). Wool or performance polyester works as well.
- **Insulating Pants (*)**. One pair fleece pants or expedition weight long underwear bottoms.
- **Soft Shell, trekking pants, or wind pants**. Many people wear these all trip. Loose fitting and synthetic. Offers sun and wind protection as well as some warmth.
- **Synthetic shorts (optional)**. Quick-drying synthetic shorts for hiking.

**Footwear**

- **Hiking boots (*)**. Break them in before and make sure they do not give you blisters. Good ankle and arch support. Comfortable.
- **Lightweight Camp Shoes**. Comfortable Chacos, Tevas, or old tennis shoes. The ability to wear socks is nice.
- **Wool or Synthetic Socks ($)**. 3 pairs warm socks that fit comfortably in boots. Light-heavy weight dependent on preferences, a variety can be nice for camp or trail.
- **Liner Socks 1-2 pair (optional) ($)**. Thin synthetic or wool socks that fit comfortably under heavy sock and in boots. To be worn next to skin; helps prevent blisters and increase life of heavyweight sock.

**Headwear**

- **Warm Hat ($)**. Should cover ears. Wool or synthetic.
- **Sun Hat**. Ball cap, visor, etc. Protect face and eyes from sun.
- **Sunglasses (*)**. Comfortable pair of sunglasses with UV protection.
- **Chums or Croakies**. To secure your sunglasses.
Equipment List:
Hiking Scramble

**Personal Equipment**

- **Backpack** (*). Sized correctly and comfortable. **60-85+ liters**. Needs to be able to hold one week of group food and equipment.
- **Sleeping Bag** (*). Down bags are preferred for size and weight. Should be able to pack small. **10-20°**.
- **Compression Sack** (*). To compact sleeping bag for packing. Lined with plastic compactor bag.
- **3 Heavy Duty Plastic Bags** ($). Ideally 2 white compactor bags (one will be used to line sleeping bag, the other to store clothing) and 1 contractor bag to line backpack.
- **Sleeping Pad** (*, $). Inflatable pads are more comfortable than foam ones, but heavier. RidgeRest is the recommended foam pad. Three-quarters or full length.
- **Cup, Bowl, Spoon** ($). Bowl/cup should be durable for hot drinks/liquids and have a lid. Spoons that pack into bowl/cup are good.
- **Water Bottles** ($), 2-liter capacity. Wide mouth, 1 liter bottles work best.
- **Gloves**. Light fleece or liner gloves work. To keep hands warm around camp. The evenings and mornings will be chilly at higher elevations.
- **Headlamp** ($). Lightweight and simple design. LED headlamps are recommended. Bring extra batteries.
- **Sunscreen and Chapstick** ($). SPF 30 or better for sunscreen. Chapstick SPF 15 or better is recommended.
- **Toiletry Bag**. Toothbrush, toothpaste, prescription medications, etc.

**End of Trip Gear**

- **Shower Bag**. Change of clothing, towel, shampoo, soap, razor etc. to shower in Sherwood Athletic Center before end of trip picnic.
- **1-2 sheets**. To sleep on in residence hall room the night of Aug. 28. You will not have access to stored luggage until 9am the day after your trip returns.

**Optional Equipment**

- **Waterproof Wrist Watch** with alarm (highly recommended).
- **Buff** ($) (Optional but very nice). The original Buff works great for sun protection and also for warmth. Very versatile.
- **Swimsuit**
- **Gaiters** (*). Nice to wear. Keep socks clean to reduce blisters.
- **Crazy Creek chair** ($) or other light camp chair.
- **Journal/notepad/pencils**
- **Water filter** if allergic to iodine.
- **Wind Shirt**. (nice if you don’t have a soft shell jacket)
- **1 roll toilet paper & plastic bag** (must carry out used).
- **Treking Poles** (*). (Nice if you have ankle or knee problems)
- **Pack Cover** ($). Heavy duty garbage bags also work.
- **Small book**. Keep it light.
- **Camera**
- **Bug spray** and/or head net ($)
- **Bandana**
- **Energy Bars** ($)
- **Compass** (*) ($)
- **Small Light Pocket Knife** ($)
- **CD of music for car ride**
- **Wet Wipes**. Nice for occasional self-cleaning.
- **Lightweight balaclava**. Nice for trips spending time at high elevations or people wanting to stay warmer.
- **Cheap ankle/knee brace** if appropriate.
- **Personal maps**. Maps of many trip locations are available for purchase in the OP if you want your own maps.

**Group Gear Provided (an example; differs trip by trip)**

- **Tents or flys**
- **Stoves and Fuel**
- **Pots, pans and pot grips**
- **Dromedaries and iodine tablets**
- **Food bags**
- **Bear hang rope spray and/or canisters**
- **First aid and repair kit**
- **Permits and passes**
- **Maps**
- **Spades**
Equipment List:
Hiking Scramble