

Pitzer College Orientation Adventure 2009

Dear Golden Trout Wilderness Pitzer Kids of 2013,

Congratulations on making it to Pitzer! The GTW backpacking trip will be an experience you will remember for the rest of your life!

The following is an explanation of what you will need to bring. If you do not have any of the essential items, Pitzer has a limited supply of equipment that it can lend. If backpacking is something that you might want to do more of at Pitzer then any of the following would be worthwhile investments.

Cold Nights: The high and dry conditions at GTW call for thick insulating layers when the sun goes down. Be prepared for temperatures in the 30s at night. Bring a **thick jacket** (warm but light is ideal, like a thick fleece or down jacket), **sleeping bag rated for 32 degrees F or lower**, and a **warm hat** (beanie is perfect). **A sleeping pad or therma-rest** is essential to keep you warm and off the ground.

Altitude: We will be traveling at altitudes above 10,000 feet. This makes it more difficult to be physically active. On the bright side it allows for amazing scenery. It is easier to get dehydrated at altitude. **Bring something to carry two liters of water.** Nalgene, regular one liter Gatorade bottles are good and light, a bladder, anything...

Hiking: We will be hiking about 9 miles a day, but maybe more if we get delayed for any unexpected reason. This means that you should bring clothing that you are comfortable running / playing sports in. **Athletic shorts and comfortable underwear** are essential for good movement. Try to wear synthetic materials because they dry fast, wick away sweat, and stay light and warm even when soaked.

FOOTWEAR: This factor can make or break a backpacking trip. Make sure that you have worn your shoes for at least a week before arriving in Claremont. My personal rule of thumb is that you should be able to comfortably run in everything you wear hiking. (I.e. not jeans, converse sneakers, loafers, topsiders, timberlands, flip-flops, rollerblades, buckskin moccasins, ice skates... etc.) I like supportive **sneakers like new balance or trail running shoes** (Montrail, Merrel etc.), but many prefer a little more ankle support like that given by a more substantial **hiking boot** (Asolo, Vasque etc.). Two pairs of good hiking socks are also essential.

The above are the most important to get right, but the following are also essential:

Hiking Pack with good waist strap. The hiking pack is very important. It should be able to carry all of your gear and have some room left over for food which we will supply. Try to keep it around 25 pounds. The lighter you can get your pack, the more fun you will have.

Light Bowl and Spoon

Windbreaker/rain jacket

Pants: Something light and compact for your legs at night/camp. This could be longjohns, rainpants, sweatpants, adidas warm ups Etc.

t-shirt

sun protection- ie. hat, sunblock, sunglasses etc.

flashlight / headlamp

One small bottle of water purification tablets: iodine, chlorine or other. These can be found at most pharmacies, and almost all camp stores.

***A small, light item that has personal value or meaning for you that you would be willing to give away. Avoid expensive items.**

If you have group-need items like tents, cooking tools, campstoves, water pumps etc. please bring them along. A harmonica or something would be cool too.

Check List

warm fleece or thick sweater/jacket

sleeping bag rated for 32 degrees F or lower

warm hat

A sleeping pad or therma-rest

something to carry two liters of water

Athletic shorts and comfortable underwear

FOOTWEAR (see above)

Hiking Pack

Light Bowl and Spoon

Windbreaker/rain jacket

Pants

t-shirt

sun protection

flashlight / headlamp

One small bottle of water purification tablets

***Personal Item**

I am very excited to meet all of you. Please send me an email or give me a call if you have any questions at all. I would be happy to answer questions about the trip, equipment, or anything else.

Sincerely,

Adam Hanbury-Brown

Pitzer 2010

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