

The Mountain Workshop

A Division of Hawke Mountain Ventures, LLC

9 Brookside Place

West Redding, CT 06896

Phone: 203-544-0555

Fax: 203-544-0333

CLOTHING & EQUIPMENT REQUIREMENTS:

Outdoor Adventure in Moab, UT

The Country School - Grade 8 5/28/08-6/4/08

This part of the country can experience temperature extremes even in late May. Highs can be around 100°F and lows near freezing. Thunderstorms can even bring hail. It is, however, arid here, and the biggest problem out-of-area visitors have is dehydration followed by sunburn a close second. These situations can be avoided. Participants must accept that they must drink **AT LEAST ONE GALLON OF WATER PER DAY**. They must use sunscreen and cover up when they are out in the sun.

The key to gear and clothing is layering and traveling light. Evaluate everything you bring based on how much room it takes up and how much it weighs.

Essential items:

_____ Water bottles: enough to carry at least 1 gallon (Camelbacks are nice!)

_____ Wide-brimmed hat for protection from the sun

_____ Sunblock: minimum SPF 35

_____ Sunglasses

_____ Long-sleeved, light-colored, quick-drying, lightweight, synthetic material. This is very important not only for sun protection, but for keeping cool on the river and in the field.

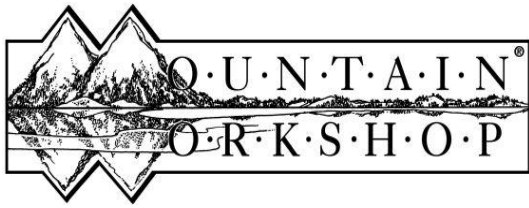
_____ Comfortable hiking shoes. It is better to bring well-worn tennis shoes than brand new steel-shank hiking boots.

_____ River shoes such as Keen or another OLD pair of sneakers that can get wet for rafting - no flip-flops

_____ 2 warm layers - NOT COTTON - such as a fleece pullover and long underwear

_____ A lightweight, water-proof layer - more for wind protection

These are items are essential for this climate and time of year.



The Mountain Workshop

A Division of Hawke Mountain Ventures, LLC

9 Brookside Place

West Redding, CT 06896

Phone: 203-544-0555

Fax: 203-544-0333

CLOTHING & EQUIPMENT REQUIREMENTS:

Outdoor Adventure in Moab, UT

The Country School - Grade 8 5/28/08-6/4/08

General items:

- _____ Tent
- _____ Sleeping bag and ensolite pad
- _____ Socks: 2 - 3, including one thick pair (Smartwood, etc.)
- _____ Shorts - 3 pairs
- _____ Swimsuit
- _____ T-shirts - 3, light colored
- _____ Pants - 1 pair, lightweight and 1 fleece pair/sweatpants
- _____ Underwear
- _____ 2 Bandanas
- _____ Toiletries (shampoo, soap, toothbrush, toothpaste, comb/brush)
- _____ Mess kits (cup, bowl, plate, spoon & fork)
- _____ Flashlight with extra batteries
- _____ Towel
- _____ Bug repellent
- _____ Chapstick
- _____ Camera (optional)

Pack everything in Ziploc bags for water proofing.