

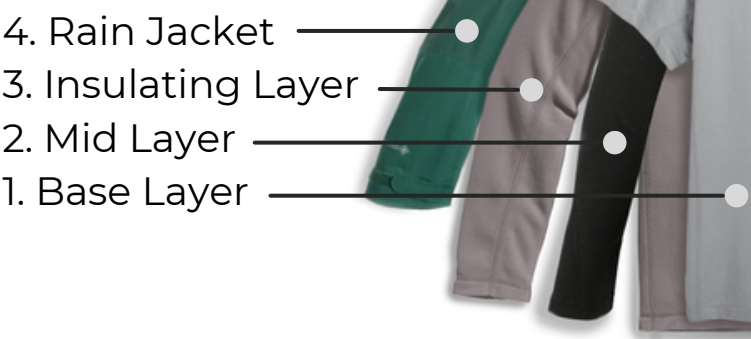


LA VIDA

ADIRONDACK EXPEDITION PACKING GUIDE

LAYERING is the key to regulating your body temperature while on a La Vida expedition. By dressing in layers you will be prepared to adapt to the changing weather of the Adirondack Mountains.

LAYERING GUIDE



- 1. Base Layer:** The initial layer that sits against your skin. This should be moisture-wicking to keep you dry. Polyester or nylon/cotton blend t-shirts are best.
- 2. Mid Layer:** A long-sleeved long underwear shirt or slightly warmer layer. This should be light and breathable.
- 3. Insulating Layer:** Your warmest layer. A heavier fleece or light puffy jacket.
- 4. Rain Layer:** A waterproof jacket with a hood to protect you from rain and wind.

WHAT TO BRING: Fabrics with a high percent synthetic (polyester, fleece, polypropylene, nylon) or wool. Many synthetics absorb little or no water and they wick moisture away from the body and insulate even when wet.

WHAT NOT TO BRING: Do not bring any clothing or gear that is 100% cotton. When cotton gets wet, it stays wet and does not keep you warm.

LA VIDA EXPEDITION EQUIPMENT LIST

Read this document completely before you shop! Many questions you may have can be answered in this document. All gear listed below is important to bring, but items that are marked with an asterisk(*) are absolutely essential.

Use this as a checklist and a guide as you pack for your La Vida Expedition. Some items below may be rented from La Vida on the first day of the trip (listed on page 2). Be prepared for a wide range of weather conditions. The temperatures can vary substantially in different summer months: in May there may be snow at higher elevations, and temperatures can range from the teens at night to the 70s during the day; from June through August they can range from the 30s at night to the 80s during the day. In addition to the items you pack, you will carry some shared group equipment and up to eight days of food. Keep this in mind as you pack your personal items. Your leaders will ensure that you have all the needed equipment before your expedition begins.

Feet

- ___ 1 pair hiking boots that have plenty of ankle support (Base Camp has limited rentals)*
- ___ 1 pair camp shoes (old running shoes, Crocs, Chacos, Tevas, etc.)
- ___ 1 pair running shoes for the final run*
- ___ 3 pairs wool, polypropylene, or Merino wool socks*
- ___ 3 pairs sock liners

Lower Body

- ___ 3-5 pairs underwear*
- ___ 1 pair hiking pants (no jeans)*
- ___ 1 pair hiking/athletic shorts*
- ___ 1 pair rain pants

Base Layer:

- ___ 1 pair long underwear bottoms

Insulating Layer:

- ___ 1 pair warm, wool or fleece pants

Upper Body

- ___ 3 base layer shirts (polyester or non/cotton blend t-shirts)*
- ___ 1 mid-layer shirt (long-sleeved long underwear or light wool top)
- ___ 1 insulating layer (warm fleece or puffy jacket)*
- ___ 1 raincoat*

Hands and Head

- ___ 1 wool or fleece cap that covers the ears*
- ___ 1 pair wool or fleece gloves or mittens

Toiletries

- ___ Travel-sized toiletries: toothbrush/paste*, non-scented wipes
- ___ 1 package of moleskin for blister care
- ___ 1 small bottle of insect repellent (no aerosol spray cans)
- ___ Any medication prescribed by a doctor (must be in the original container with prescription label and will be carried in the first-aid kit and dispensed by instructors)*
- ___ Epi-Pen if any possibility of having an allergic reaction to stings or food products*
- ___ 1 travel-sized hand sanitizer

Miscellaneous Gear

- ___ \$20 cash for equipment deposit*
- ___ \$20 cash for food during travel to and from New York Base Camp*
- ___ ID and Insurance Card*
- ___ 2 sturdy water bottles, like a Nalgene (32 oz.)
- ___ 1 small flashlight or headlamp and extra batteries*
- ___ 1 small, durable Bible containing both Old and New Testaments*
- ___ 1 40-50 gallon plastic contractor bag
- ___ 5 gallon- sized ZIPLOCK bags
- ___ 5 quart-sized ZIPLOCK bags
- ___ 2 pens or pencils*
- ___ 1 pair of travel clothes*

GEAR LA VIDA PROVIDES

In addition to sleeping, cooking and eating supplies, La Vida also provides the following personal gear items that do not need to be reserved in advance:

- **Sleeping bag with stuff sack:** A three-season synthetic fill bag, rated for 25°–35° Fahrenheit (15°–20° for May), with a nylon stuff sack for storage.
- **Sleeping pad:** A full-length 1/2-inch-thick foam ground pad.
- **Backpack:** An internal frame pack, 70-85 liters, for backpacking or a waterproof backpack for canoe patrols.

- **Water bottles:** One-liter plastic water bottles.
- **Bug net:** Nylon with no-see-um proof netting.
- **Emergency whistle:** with high-decibel sound.
- **Optional gear provided:** There is a **\$2 cleaning fee** for borrowing fleece clothing. Those who don't have a rain jacket or pants can **rent them for \$3**. All fees are deducted from the security deposit. Optional items include:
 - o Fleece pants/sweaters
 - o Fleece gloves
 - o Boots
 - o Warm hats
 - o Rain pants/jacket

USE OF OWN GEAR

Students may bring and use their own gear while on a La Vida Expedition if they wish; however, the quality of that gear must be equal to or better than the equipment La Vida issues, and it must fit well and be in good repair. The wilderness is no place to experiment with untested or low-quality gear. La Vida reserves the right to require use of La Vida gear over a student's personal gear if we feel a particular piece does not meet appropriate standards.

ADDITIONAL EQUIPMENT NOTES

Canoe Items Needed

Everyone on a canoe patrol should consider bringing these additional items. Some of these items replace what is listed on the first page of the packing list.

- ___ 1 pair water shoes or sandals for walking in water (replacement for camp shoes)
- ___ 1 pair of lightweight boots with ankle support (replacement for high-top hiking boots)
- ___ Quick-drying shorts and shirt (nylon, polyester or cotton/nylon blend)
- ___ Swimsuit (consider the athletic nature of La Vida when selecting a swimsuit to bring)
- ___ Sunglasses
- ___ Sunblock (SPF 30 or higher), SPF lip balm

Optional Equipment:

Camera, harmonica/recorder, sunglasses, camping hand towel, pack cover, instant coffee, nylon drawstring-style backpack (useful for day hikes), camp chair ("Crazy Creek" style recommended), knife or multi-tool, bandanas, baseball cap, hammock, lip balm.

Label Personal Items Before Your Trip

Label belongings with your first and last name before you pack the items in a duffel bag or garbage bag. Labeling your personal items allows the La Vida office to get your gear back to you if lost.

Glasses or Contacts

Bring an extra pair of glasses to serve as a back-up to the pair you wear routinely. If you plan to bring contacts, pack an extra pair and plenty of solution.

What Not to Bring

Shampoo, deodorant, make-up, cotton clothing, sheath knife, hatchet, watches, electronic devices or other valuables.

Equipment Security Deposit

Each student checking out La Vida gear must pay a \$20 cash equipment deposit the first night of the trip during gear check out. If all equipment is returned in satisfactory condition, the deposit will be returned before the group returns to Gordon from the La Vida Base Camp. The cost of any lost/damaged/rented individual or group equipment will be taken out of this fee.

Where to Shop

If you would like to purchase some outdoor gear, Decathlon often has some of the best prices and is fairly high quality. We recommend exploring various options for discounted outdoor gear. Some options include Sierra Trading Post, REI "Garage Sales", thrift stores, Facebook Marketplace, and Craigslist. Remember that we do offer a lot of gear to rent or borrow from the equipment building at base camp.

Cell Phones

Cell phones can be used during transportation to and from the La Vida base camp but will be collected upon arrival and left at the base camp throughout the expedition. If you typically use your phone as your camera, please bring an actual camera instead. Phones will be returned before you depart from the base camp the last day of the trip.

ADDITIONAL EQUIPMENT NOTES

Equipment Philosophy

The focus of the La Vida Expeditions is on the inner person and on living simply, so equipment should be functional, dependable and lightweight is possible. The focus is not on what you look like, smell like or how greasy your hair gets. The focus is on what you contribute to the group in terms of character, gifts, faith, commitment, etc. Remember that patrols carry or paddle all their personal and group equipment. Below is a description of the quality of gear you should choose.

Fabrics:

Do not bring any clothing or gear that is 100% cotton. When cotton gets wet, it stays wet and does not keep you warm. Check labels and choose fabrics with a high percent synthetic (polyester, fleece, polypropylene, nylon) or wool. Many synthetics absorb little or no water and they wick moisture away from the body and insulate even when wet.

Hiking boots:

This is one of the most important pieces of equipment you will bring. The fit is very important! For mountain patrols, boots should extend above the ankle and be either leather/fabric or all-leather. Boots should be waterproofed and fit comfortably with two pairs of socks (a light synthetic liner sock and a heavy wool sock). Make sure boots are broken in before you arrive, otherwise you are prone to chafing and blisters. Walk at least 6 miles in the boots before coming to base camp.

Socks:

To best avoid getting blisters, treat your socks as two distinct layers. You should wear a lightweight synthetic liner sock against your foot, which helps pull moisture away from your foot. On top of this you should wear a wool/nylon-blend hiking sock. Since wool doesn't absorb water, it passes the moisture from your foot outwards, keeping your feet dryer. If feet stay damp, they get wrinkled and are more prone to blisters. Having two sock layers means that your socks will slide against each other so the friction from your boots is between the sock layers, not against your skin. Friction against your skin could lead to blisters.

Running shoes, sneakers:

Bring athletic shoes for the final run. If desired, bring camp shoes or sturdy outdoor sandals for walking around camp. Chacos, Tevas, and Crocs are allowed but not while carrying canoes or cooking because they do not give sufficient protection for your feet.

Rain jacket:

There is a wide selection of decent rain jackets available from most outdoor stores. Avoid rubberized or canvas jackets; they are too heavy and will make you hot and sweaty. Avoid plastic raincoats/suits; they are too weak and will tear. Insect repellent: Repellents with high concentrations of DEET may be hazardous to your health! Choose products with no more than 35 percent DEET, or use a non-DEET repellent. Do not bring aerosol cans.

Sunglasses:

Dark polarized lenses with a lanyard are suggested.

Sleeping bags:

A three-season synthetic fill bag is best for a La Vida Expedition. We do not recommend goose-down bags. Sleeping bags should have a nylon shell both inside and outside. Lining your stuff sack with a sturdy plastic bag will give you added protection from water. Bags should be rated for 25°–35° Fahrenheit (15°–20° for May).

Sleeping pads:

Full length 3/8–1/2-inch-thick closed cell Ensolite or inflatable Thermarest™ type pads are great. They provide both padding and insulation from the ground.

One backpack or internal canoe pack:

Packs should have padded shoulder straps and a hip belt. Internal frame packs should be 70–85 liters and may be used for mountain or canoe patrols. Be sure your pack fits well and all straps and zippers work.