



### 2019 Endurance DTS Gear List for **Lecture Phase**

- Specific camping/trekking trip packing lists will be provided during the lecture phase as needed.
- Gear items listed below are necessary for participating in our outdoor skills, activities and trips. Students will also want to pack appropriate casual clothing for on-base lecture weeks and more semi-formal/dress clothes for church and teaching on outreach.
  - ***\*Group Gear – Items listed under the “group gear” section will be provided for students to use for the duration of the Endurance DTS.***
- A refined outreach-specific packing list will be distributed before outreach. It will be based on the outreach location, outreach activities and environment/climate. Some items on the “optional” list for lecture phase may become required for outreach. The sample outreach packing list included below provides a good overview of what students will need on outreach.
- Please talk with the school leaders if you have any gear questions. Depending on the gear you need, you may be able to wait until the school starts to purchase it. Rocky Mountain Outfitter in Kalispell ([www.rockymountainoutfitter.com](http://www.rockymountainoutfitter.com)) is our gear provider of choice in EDTS and they are also happy to assist EDTS students with any gear needs. Some students choose to purchase their final gear pieces during the first week of the school so that they can see what other brands, makes and models the EDTS staff and students are using.
- Footwear should be properly fitted and broken in upon arrival for EDTS.
- **In general, each student should have a hiking “outfit” that is 100% cotton-free (tops, bottoms, socks, underwear, hats, gloves, etc).** There is a time and place for hiking in a pair of Carharts, jeans or cargo shorts and we’ll go over when that time is the first week of the school, but please make sure that you have at least one full set of non-cotton clothing for the school.

---

## **GROUP GEAR**

*(Provided for Students)*

- Tents/tarps, shelters and ground cloths
- Camp stoves
- Fuel and fuel bottles
- Cooking gear
- Bear resistant food storage equipment
- Bear spray and holster
- Trowel and/or shovels
- Climbing protection
- Each student will be given a basic backcountry kit for EDTS. The kits include some variation of the following pieces of equipment. Students can keep their kits.
  - Immediate Action Shelter
  - Carabineer
  - Small first aid kit
  - Whistle
  - Hand Sanitizer
  - APC (All Purpose Cloth)/Bandana
  - Small quantity of P-cord
  - Climbing ropes
  - Water treatment systems
  - Group equipment repair kits
  - Reference books
  - Maps and compasses
  - Basic group first aid kits
  - Mountain bikes and bike helmets
  - Duct tape
  - Hanger wire
  - Rope or cordelette for knot practice/Prusik
  - Fire Starting Tools
  - Water Treatment Tablets
  - Signal mirror

---

## **INDIVIDUAL & PERSONAL GEAR**

### **Footwear**

- Hiking boots and socks (properly fitted and broken in)
- Camp shoes/sandals
- Running/workout shoes (can be the same pair as camp shoes or a trail-runner type shoe)
- *Optional* - Trail shoes or trail running shoes for day-hiking (*some students and staff prefer to hike long distance and/or backpack on shorter trips in low cut trail shoes or trail runners while others prefer to do everything from day hikes to backpacking trips to long distance day hiking in their high-cut backpacking boots*)
- Socks (appropriate thickness and lengths for each piece of footwear you're bringing; we recommend bringing 4-5 pairs of hiking/activity socks)

### **Upper Body Layers**

- T-shirt (synthetic, wool or poly/cotton blend)
- Base layer (lightweight or midweight crew or zip turtleneck top of polyester, Capilene, fleece or wool)
- Mid-layer
- Top insulating layer (fleece or insulated jacket; down jackets/down sweaters can also work)
- Rain jacket

### **Lower Body Layers**

- Women: underwear/sports bras (1-2 pairs of synthetic and wool women's briefs and sports bras and men's briefs/compression shorts are recommended; women should also bring 1-2 pairs of cotton briefs)
- Hiking shorts
- Hiking pants (zip-off hiking pants are fine)
- Base layer (light or mid-weight polyester/synthetic or wool bottoms)
- Rain pants

### **Head, Neck and Hand Layers**

- Liner or light fleece/wool gloves for sun protection and cold, wet days
- Baseball cap or sun hat/visor
- Wool or fleece hat

### **Sleeping Gear**

- Sleeping bag (with a minimum rating of 20 F/-6 degrees C; down is acceptable for lecture phase and some outreach locations but most students use a synthetic insulated bag)
- Compression stuff sack
- Sleeping pad (we recommend full-length closed cell foam pads or inflatable pads)

### **Backpacks and Bags**

- Backpacking backpack (internal frame, properly fitted and broken in; approximately 70-85 liters in volume)
- Ditty bags and stuff sacks (these will help you organize items in your pack)
- Plastic trash bags (for waterproofing your sleeping bag and backpack). These will be available for purchase at YWAM Montana – Lakeside in 2 and 3 mil thicknesses.
- Day pack (no "synch sack"-type gym or shoe bags please)

### **Miscellaneous Items**

- Water bottle(s) or hydration bladder (must have at least 3 quart/3 liter capacity; certain outings may require 4 quarts/liters)
- Insulated mug or Nalgene bottle
- Lip balm, sunscreen (zinc oxide is optional)
- Sunglasses (retainers are recommended)
- Headlamp (This is a must for each participant, even if you're also bringing a flashlight)
- Batteries
- Personal hygiene articles (travel size toothpaste, toothbrush, feminine hygiene products, hand sanitizer)
- Prescription glasses and contact lenses as needed
- Medications (any prescription or over the counter meds as well as vitamins that you may need for the duration of EDTS)
- Any knee, wrist, ankle braces, etc
- Watch with a seconds hand or digital display (This is a must for lecture phase and outreach)

## Optional Gear (as recommended by EDTS staff and graduates)

- Adjustable trekking poles
- Camera/Go Pro
- Fleece/insulated vest
- Buff/Bandana
- Insect repellent
- Pack towel
- These two items are provided for students, but some may want to use their own:
  - Bowl with snap-on or screw-on resalable lid with at least 16 oz. capacity
  - Spoon, fork or spork eating utensil(s)
- If you have it...
  - Climbing gear (harness, climbing shoes, helmet)
  - Your own mountain or road bike and helmet
- Airport duffle bag (this is a large duffle or air-travel specific bag that your backpack can be placed into for easier air and ground transport on outreach and when we base camp and road trip)
- Liner socks
- Small pocket knife
- Pack cover
- Sleeping bag liner (very nice on warm car-camping nights and for outreach)
- Camp pillow
- Crazy Creek/Thermarest Chair
- Insoles
- Gaiters

## Endurance DTS Gear List for *Outreach* – *SAMPLE*

(From 2014 Endurance DTS Outreach Packing List – Cambodia)

### **Gear**

- Passport
- Passport/money carrier (not the traditional kind)
- Hiking backpack
- Day pack (carry-on)
- Sleeping pad
- Sheet, Fleece Liner or "Hostel" Sleeping bag
- Rain jacket
- Head lamp
- Water bottle
- Pack towel/washcloth

### **General**

- Spending money (at least \$200 USD recommended)
- Watch (\*This is a must)
- DTS Journal
- Personal Journal
- Bible, notebook, writing utensil
- Camera/memory card
- Batteries
- Alarm clock

### **Toiletries**

- Sunscreen
- Shampoo/conditioner/soap (Dr. Bronner's perhaps?)
- Razor/shaving cream
- Travel face wipes

- Deodorant
- Toothbrush/paste/floss
- Hair brush/comb/hair ties
- Lotion
- Feminine hygiene products
- Hand sanitizer
- Personal medications/prescriptions
- Contact lens solution/preparations
- Personal 1<sup>st</sup> aid kit (band-aids, meds, etc)

### **Clothes (perhaps go light and wash often)**

- One pair dress clothes (skirt/nice pants/button and/or polo shirt)
- 2-3 pairs pants
- 2-3 shirts
- 1-2 long-sleeve shirts (light weight)
- Underwear/socks
- Pajamas
- Hiking shoes and/or boots/dress shoes/sandals/sneakers

### **Optional**

- Electrical/plug-in adapter
- Sewing kit/safety pins
- Travel pillow
- Small pocket knife (no large knives)
- Ear plugs

- Sunglasses & Baseball hat
- Laundry soap
- Ziploc bags/stuff sacks
- Vitamins
- Protein/Cliff bars
- Snacks
- Books/iPod
- Photos of family/friend