

STEM Summer Adventure 2017

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| Dates | Friday Aug 11 TO Monday Aug 14 |
| Estimated Times | 8:30am 5pm |
| Main Location | Payette River in Boise National Forrest |
| What's Included | Transportation, Lodging, Equipment, Instruction, and Meals |
| Summary | We are excited for you to join us this year for our STEM Summer Adventure. Please review the items below to ensure that you are fully prepared for this trip. <u>Pay special attention to the warm clothing.</u> Even though we are in the summer and the days are hot, the nights can get cold and having a few extra layers can be handy. |

Level of difficulty No previous experience required

Participant Clothing & Gear Checklist

| Tops | | | | | |
|------------------------------------|--------------------------------|---|--------|----------------------|---|
| # | Item | Description | # | Item | Description |
| 3 | Wicking Short Sleeve T- Shirts | This T-shirt is made out of quick-drying fabric that moves moisture away from your skin and allows maximum airflow. | 3 | Long Sleeve Shirt | Loose, lightweight, light-colored for sun and insect protection. Instructors prefer old oxford or button down men's dress shirts from thrift stores. Cotton or synthetic. |
| Bottoms | | | | | |
| 1 pair | Bathing Suit | Bathing suit to wear with on the river. Lightweight synthetic fabric wicks moisture and dries quickly. | 1 pair | Quick Dry Long Pants | Lightweight synthetic fabric dries quickly and resists pilling, and is easy to pack away. Should be loose fitting as to aid in movement. Really useful for sunny days |
| Base Layers: fits next to the skin | | | | | |
| 1 | Lightweight long underwear set | You will need a top and a bottom. This is your base layer meaning this goes next to your skin and you will wear more layers on top. | 1 | Sports Bra's | Should have the proper support for athletic activity. |

Outer Layers: must fit over all the layers

| # | Item | Description | # | Item | Description |
|---|----------------------------------|---|---|-------------|--|
| 1 | Fleece, Synthetic or Down Jacket | A mid weight fleece jacket with a full length zipper. It has good breathability, making it a good choice when insulation is needed during vigorous, highly aerobic activity. Dries quickly when wet. A synthetic or down insulated "puffy" puffy jacket works will also work and has the best weight-to-warmth ratio. | 1 | Rain jacket | Rain jackets are better with a hood. Breathable fabrics highly recommended. Breathable Options include: Any Gore-Tex jacket or breathable coated fabrics like the Marmot © Precept or Phoenix Rainwear, REI Ultra Light or Kulshan Rainwear are suitable examples. |

Insulating Layer: helps to keep body warm

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| 1 | Fleece jacket | A light to mid weigh fleece jacket for extra insulation in cold weather |
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Head & Hands

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|-----|----------|---|---|---------|--|
| 1 | Warm hat | A warm hat that will be used for when things get chilly. Can have ear flaps. No cotton. | 1 | Sun hat | Good brim to to a minimum cover your face like a baseball cap or a brim all the way around for added protection. |
| 1-2 | Bandana | This all-purpose piece of cotton absorbs sweat and cleans off grime. | | | |

Feet

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|--------|---|--|----------|-------|--------------------|
| 1 pair | Hiking or sturdy tennis Shoes | To be used around camp and at hiking days | 2-3 pair | Socks | To be used at camp |
| 1 pair | Water Shoes /Sandal / second pair of tennis shoes | Virtually trip requires two pairs of shoes; one to hike in, and one to wear on the water. Water Shoes/Sandals/tenis shoes should be sturdy with covered toes and heel. An old pair of running shoes is just fine. NO Flip Flops | | | |

Personal items

| # | Item | Description | Item | Description | |
|---|----------------|---|-------|--------------------------------|--|
| 1 | Small day pack | Small day pack for a short hike | 1 | Duffle Bag or large backpack | To carry your items |
| 1 | Sunscreen | SPF 30+ is a good gauge | 1 | Lip Balm | SPF 30+ is a good gauge |
| 1 | Toiletries Kit | Toothbrush, small toothpaste, several wash & dry or baby wipes (shampoo, and makeup are unnecessary). | | Personal info | Driver's license or passport, insurance card |
| 4 | Batteries | AAA for the headlamps | Set | Prescribed Medications | if needed - 2 inhalers if you are asthmatic |
| 2 | Water bottle | 1 liter with way to secure to webbing | 1 set | Glasses or contacts, if needed | Contacts are ok w/ glasses as backup. Bring extra glasses and a hard case if applicable. |

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| 1 | Camera (optional) | If you would like to bring a small camera you may | 1 | Sunglasses | We recommend a cheap pair that if you lose will be okay. Be sure to bring a strap to hold them on your head while rafting |
| 1 | Camping chair | Any standard one. To be used around camp | 1 | Headlamp | Remember to bring extra AAA batteries! |
| Gear provided by Outdoor Rental Center (included in cost) | | | | | |
| 1 | Sleeping bag | 35F degrees. Ask for a long bag if you are 6'2" or taller | 1 | Sleeping bag liner | To wear while inside the bag to keep the bag cleaner an extra warm. |
| 1 | Sleeping pad | A padded layer between you and the ground. | Please respond on the registration form about what gear you need | | |

Packing for wilderness travel

Wilderness travel means you can and, for your comfort should, carry a lot less than you do in the regular world; most experienced wilderness travelers will tell you that they bring about the same amount of gear on a three-day trip as they would on a three-week trip. You can pack your items for this trip in a duffle bag or large backpack.

If you feel the need to purchase any items, please note that companies such as the Patagonia, Mountain Hardware, Marmot, REI and many others make high quality outdoor apparel.

However, you don't need to buy all name brand clothing. You can shop at Army Surplus Stores, second-hand outdoor stores like Backcountry Pursuits or overstock merchants like the Sierra Trading Post. Look for clearances. Ross for Less and Kohl's are also cheap good options

For more information - - - *Outdoor Rental Center*

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