

# Utah Youth School Personal Equipment List

**CAMP ITEMS:** These will be packed in your dunnage bag and will not be available during the day.

\*Compact sleeping bag, (down or synthetic, rated to 35 degrees)

\*Closed-cell foam or self-inflating sleeping pad, (ensolite, Thermarest, or air mattress)

\*Small tarp or groundcloth to sleep on or put tent on

\*Compact, lightweight tent, (free-standing preferred, no wall tents please)

2-3 complete changes of clothing (versatile pants and shirts, cotton is fine)

Extra socks, (wool or fleece are best), and underwear (wool only for the rugged!)

Camp shoes, (ultra-lite boots, tennis shoes, etc. Something you can walk and hike in comfortably)

Small towel and biodegradable soap and shampoo

Personal hygiene items, including medicine, insect repellent, dry-skin lotion, etc.

Warm jacket, (thick fleece is great - will work on-river as well - or durable coat)

Small flashlight with extra batteries, (headlamps are great)

## RIVER ITEMS:

2 - 3 swimsuits or shorts and T-shirts, (nylon quick-drying shorts are best - women will want to wear shorts over their swimsuits)

Athletic sandals (Teva's, Chacos, or other imitations), or tennis shoes & fleece socks - ("aqua socks" don't work that well)

Polypropylene pile or fleece top (**required**)

Polypropylene pile or fleece pants (**required**)

Waterproof rainshell (**required**) and rainpants

Brimmed hat, with strap, (baseball caps work well)

Lightweight cotton clothing, (old dress shirts or surgeon's outfits) for sun protection

Waterproof sunscreen/block (SPF 25), lip balm

Sunglasses with strap, (maybe not your best)

Small water bottle, 1 quart, (**essential** - even if its just an empty plastic Gatorade bottle)

Cycling gloves, fingerless (**essential**)

## OPTIONAL ITEMS:

Camera and film

Book, sketch pad, journal, etc.

Small daypack, "dry bag", or ammunition box

## ***Being Prepared:***

Whitewater School weather is notoriously inclement, (we call it character-building). Your comfort during the school will be greatly enhanced if you come prepared. **DO NOT SKIMP ON THE EQUIPMENT LIST!** We require that all students have at least one thick, polypropylene, fleece top, at least one pair of polypropylene long underwear bottoms or fleece pants, and a sturdy set of waterproof rain gear, (jacket and pants). Fleece garments (commonly called Polartec or Polarfleece) retain their insulation even when wet and are ideal for river wear. A waterproof rainshell or paddling jacket and rainpants will keep you dry on the river and in camp if it rains - make sure it is waterproof, not just water-repellant. Also, fleece socks, (not cotton!), and a fleece hat will help keep you warm on really cold days and a good pair of cycling gloves, (fingerless with leather palms), will help protect your hands from blistering.

Your feet will be getting wet every day, and must stay on if/when you go swimming, so sandals with a heel strap, (Chaco's, Teva's, etc.) work the best. Those with buckles work a little better than those with velcro. A pair of sneakers that can get wet also works fine.

You will be spending 8 days outside, in the river, rain, and sun; your enjoyment of the school will be greatly enhanced if you are properly prepared. Good quality river gear can be found at rei.com, rivertraveler.com and campmor.com. If you have questions, or can't find something, please feel free to give us a call.

## ***Rental Equipment:***

ARTA has the following gear available for rent during the school, (please reserve in advance):

35 degree Sierra Designs polarguard bag with cotton liner, self-inflating pad and tarp = \$25/set

Sierra Designs Comet tent = \$25 each

Farmer-john wetsuit = \$40 each