

# Packing List: Montana Roots Gap Program

## **PLEASE NOTE**

- The weather can be variable in Montana in the fall. Long-sleeved shirts and pants will be the standard, but warm layers are imperative!
  - When layering, we recommend combining synthetic or wool fibers, and down to achieve insulation from cold and wet weather. Cotton is *not* suitable as a warm layer for cold or wet weather.
  - Read which articles of clothing are *not* permitted: [FAQ page](#) Packing Guidelines.
  - Please don't pack more than what's listed since space will be limited. We will most likely wash our own laundry by hand in order to avoid laundromats as part of COVID protocols. Biodegradable laundry soap and clotheslines will be provided. (Even in November, clothes dry quickly on lines in dry Montana.)
  - Try to pack everything (your personal items and clothing) in a soft-sided duffel bag or your backpacking pack (around 60-90 liters in size).
  - Label everything with indelible ink.
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## **DOCUMENTS**

- Health insurance card (or copy of front and back)
- Government-issued ID

## **CLOTHING**

### Footwear

- Water-resistant hiking boots (be sure they are well broken-in; wear them for a couple of weeks before your trip to avoid blisters)
- Work sneakers
- Sandals with straps (tevas, chacos, etc.)
- Flip-flops (for showers; or you can use the sandals listed above)

### Upper Body

- 1 waterproof, hooded rain jacket
- 2 base layer shirts (e.g. capilene midweight long-underwear)
- 1 middle layer pullover (e.g.: fleece pullover or wool sweater)
- 1 lightweight synthetic "puffy" jacket (e.g.: Patagonia nano puff)
- 1 top layer jacket (a warm down or synthetic parka that will fit over other layers)
- 2 long-sleeve work shirts (cotton is fine)
- 2 - 3 t-shirts

### Lower Body

- 1 pair rain/nylon pants (loose-fitting and able to fit over other layers)
- 2 pair of base layer long underwear bottoms (midweight synthetic or wool- e.g. capilene)
- 1 pair of jeans or other work pants
- 1 pair of quick-dry hiking pants

- 1 pair of nylon shorts (at least mid-thigh length; *not* short-shorts)
- 1 pair fleece or puffy pants (heavier weight pants that will fit over base-layer bottoms)
- 2 - 4 pairs of wool or polypro hiking socks—absolutely no cotton
- 2 - 3 pairs of workday socks
- Undergarments
- Swimsuit (one-piece or tankini for girls)

## **PERSONAL AND OTHER ITEMS**

- LED headlamp and extra batteries
- Leather work gloves
- Baseball/sun hat
- Sunglasses with croakies or chums retainer
- Wool or fleece hat (thick enough to keep head and ears warm)
- Gloves or mittens
- Scarf or buff
- Two water bottles (quart or liter size)
- Insulated mug
- Mess kit (cup, bowl, spoon)
- Optional: Swiss Army or other backpacking knife with max 3" blade.
- Notebook and pens/pencils
- Watch with an alarm
- Laundry bag
- Personal toiletries including biodegradable soap and shampoo for showering
- Sunscreen
- Camp towel (a camp or chamois towel)
- Hand sanitizer (at least 4 ounces per week and VISIONS also provides for the group)
- Face masks (minimum of 5). If flying to the program, wear an N-95 that you will throw away upon arrival at the Bozeman airport. When needed, we will wash cloth masks
- Personal medications

## **CAMPING GEAR & EQUIPMENT:**

- Down or synthetic sleeping bag rated to at least +5° F (you will use the sleeping bag on a nightly basis)
- Compression stuff sack for sleeping bag
- Silk or fleece sleeping bag liner
- Pillow
- Bottom sheet to put on top of the foam mattress provided by the program (optional; may also simply use the sleeping bag)
- Daypack for everyday use and for day hikes
- Sleeping pad for the backpacking trip; e.g. Big Agnes or Thermarest (a thicker sleeping pad/camp mattress is provided by VISIONS for the residential part of the program)
- Backpack (60 liters or more in size)

- This will be used for the backpacking trip and will need to hold your sleeping bag, one set of warm clothing (from long underwear to outerwear), two water bottles (or water bladder bag, if you prefer), meal mess kit, sleeping pad, snacks, toiletries, and a bit of extra space for communal group items (food, cookware, etc.). The size of your pack will be greatly determined by the bulkiness of your sleeping bag. This pack can be used as a checked bag.

Please note If you do not want to bring a backpack or sleeping pad, you can rent this from VISIONS. Backpacks are \$30 and sleeping pads (lightweight) for the backpacking trip are \$15. Please contact the office as soon as possible to reserve. Our backpacks are the internal frame, and the sleeping pads are large Thermarests. VISIONS will provide tents for everyone at no extra charge.

#### **OPTIONAL**

- Computer or tablet (for limited use, but will be allowed during parts of the program)
- Spending money (no more than \$100, and see *PACKING GUIDELINES* for details)
- Camera (not a phone)
- Book (no e-books)
- Travel games, frisbee
- Musical instrument (there will be time to play around the campfires!)
- Letter writing materials including stamps