

# BDTS Packing List

## Backpacking:

### GEAR

Equipment	Description	Check List
Backpack	<p>Your backpack is an extremely important piece of equipment. If your backpack does not fit you, you will be very uncomfortable and potentially miserable on a regular basis. Please make sure that your pack is fitted correctly. Unless you are very experienced in what to look for in a properly fitted pack, we advise you to check with a professional at an outdoor gear store that sells and fits people with packs. Some good brands are Osprey, REI, Arc'teryx, North Face, Mountain Hardware, Gregory, Deuter, Kelty, etc. Many stores, like REI, will measure you for correct pack size and perform a pack fitting for no charge (even if you don't end up buying a pack from them). If you do not already own a pack and plan to borrow one from family or friends, or if you order one online, <b>please make sure that it is the correct size and fit</b>. We have had plenty of students come with a borrowed pack that they thought was "about the right size," and they were quite uncomfortable for the duration of the DTS. When checking the fit of a pack, make sure to do it with at least 20 pounds in your pack. If you can't find a store that will help size and fit you, the following video can help you know how to fit a pack properly.</p> <p><a href="https://www.youtube.com/watch?v=cf3bp37iyj0">https://www.youtube.com/watch?v=cf3bp37iyj0</a></p> <p>Capacity: <b>55-80+ liters</b> (your pack needs to be big enough to fit everything you need for a week in the mountains). It is easier to make a big pack smaller than it is to make a small pack bigger. While you will be living out of your pack 5 days at a time in Idaho, you will be living out of your backpack for 2.5 months in India.</p>	
Sleeping Bag	<p>Anywhere from 15-30 degree(fahrenheit) bag. We will likely, at some point, encounter snow and temps below freezing so it is important to make sure your bag is warm enough. Check reviews for the comfort rating versus the temperature rating. Remember that many companies will advertise their bag to be rated to a certain temperature, but it will only be comfortable down to 10-15 degrees more than what they advertise. You can bring either a synthetic or down bag, but please do not bring a cotton "car camping" bag. If you are having difficulty choosing between a down or synthetic bag, the following video can help you understand the pros and cons to both.</p> <p><a href="https://www.youtube.com/watch?v=ZBcMBrTnmUo">https://www.youtube.com/watch?v=ZBcMBrTnmUo</a></p> <p>Obviously, the lighter the weight and more compact your bag is while keeping you warm, the better for backpacking and travel. But it can be a balance of what you can afford.</p>	

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	<p>If you would rather rent a sleeping bag from us, we have some 20 degree synthetic bags that you can rent for the duration of the school for \$20. Rental fee must be paid at the start of the school.</p>	
<p>Compression Sack</p>	<p>You will need a compression sack for your sleeping bag, it is just a sack that cinches down to compact your fluffy sleeping bag to a more packable size. Waterproof ones are ideal, especially if you have a down sleeping bag.</p>	
<p>Sleeping Pad</p>	<p>Your sleeping pad will be your bed about half of the 3 months you are in Idaho, and you will also use it at times in India. Sleeping well goes a very long way to keeping you in good spirits, enabling you to be alert during the class times, and staying healthy overall. As you consider what kind of pad you want, we recommend you break sleeping pads into two very broad categories: inflatable pads and closed-cell foam pads.</p> <p>There are a few different factors that will go into your choice of a sleeping pad.</p> <ul style="list-style-type: none"> <li>● Packed Size and Weight - ounces turn into pounds! Unless you have a larger pack, space is very valuable. Inflatable pads can be relatively light and pack down very small, but they can be expensive. Traditional foam sleeping pads can be quite light, but they take up a lot of space.</li> <li>● R-Value - this is the measurement of how well the pad insulates you from the cold ground and air beneath you. Simple closed-cell foam pads have an excellent R-value. Inflatable pads have a wide range of R-values. For what our school will be doing, it is not necessary to have a super high R-value. However, when it comes to inflatable pads, in cold weather you may be surprised by how much cold can creep in from below if you have a very low R-value. Remember that however warm your sleeping bag may be, the insulation underneath you is compacted by your bodyweight and does very little to keep you warm.</li> <li>● Comfort - Foam pads provide very little cushion and feel much like sleeping on a firm floor. Inflatable pads have a wide range of thicknesses and baffle designs and directions all of which affect the comfort of the pad. If you are considering buying an inflatable pad, even if you plan to order it online, we highly recommend visiting a gear store that has “demo” pads available to lie on and see what style of pad meets your sleeping style and price range.</li> <li>● Durability - Foam pads are phenomenally durable. You could use a foam pad as a sled and sleep on it that night if you wanted to. Inflatable pads have varying degrees of durability. The lighter the pad the less durable it is generally going to be.</li> </ul>	
<p>Tent &amp; fly</p>	<p>Tents can be very expensive, but as with most things, you get what you pay for.</p> <p>The following webpage may be helpful in deciding what kind of tent you want: <a href="https://www.rei.com/learn/expert-advice/family-base-camping-tent.html">https://www.rei.com/learn/expert-advice/family-base-camping-tent.html</a></p> <p>Simple things to consider when choosing a tent:</p> <ul style="list-style-type: none"> <li>● Capacity - 1 person or 2 person? How much space do you want?</li> <li>● 3 Season - This means that it is suitable for spring, summer, and fall camping.</li> <li>● Weight</li> </ul>	

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	<ul style="list-style-type: none"> <li>● Single layer or Two layer - Single layer tents do not have a separate rainfly. They are generally lighter, but they are more prone to condensation build up inside the tent, and they do not have the option of removing the rainfly. Tents with a separate rainfly tend to be slightly heavier, but they have less condensation, and they have the option of removing the fly.</li> <li>● Footprint - Footprints are generally purchased separately. A footprint is a thin piece of material that protects the floor of your tent from damage and moisture. Some two layer tents can be set up with only the rainfly and the footprint if you want to go extra lightweight. A footprint is optional, but it will increase the life of your tent. Cheaper alternatives are to buy a cheap tarp to put under your tent, or find a piece of thin plastic or Tyvek and cut it to the size of your tent.</li> </ul> <p>If purchasing a decent quality backpacking tent is financially not an option for you, we have a few that we can rent for the lecture phase. They will be available on a first-come, first-served basis. <b>The rental cost for the lecture phase will be only \$50 if the tent is returned in similar condition.</b> We realize that some normal wear-and-tear is unavoidable, but we also expect you take good care of our equipment. We have seen personal tents, when well cared for, be in like-new condition after several years of use. Should you rent a tent from us and break it, we will work out a fair cost. Rental fee must be paid at the start of the school.</p>	
Camp Pillow	(Optional) There are both compressible foam and inflatable camp pillows. The cheap option, and a good option, is to stuff your extra layers into a stuff sack. With a little practice you can make a nice pillow out of the layers and gear you already have.	
Hammock	(Optional) The lighter, the better.	
Trekking Poles	(Optional) Highly recommended if you have knee problems or struggle with balance. We find them most useful on downhill hikes.	
Pack Liner or Pack Cover	(Optional) These will help keep your pack and gear dry and protected.	
Head Lamp & Extra Batteries	Headlamps are WAY more convenient than flashlights, but if you are partial to your flashlight, that is fine too.	
Bowl, Mug, Spork	<p>You will need your personal mess kit. Any lightweight plastic or rubber bowl will do just fine. You can go cheap with a simple Tupperware or more pricey with a collapsible backpacking bowl.</p> <p>Any insulated camping mug with a lid will do, just remember that lighter weight is best.</p> <p>We are partial to sporks, but you can bring a spoon and fork if you prefer. Note that plastic utensils tend to break easily. Even the LightMyFire plastic sporks usually break on trail. Titanium is good.</p>	
Multi-tool or Pocket Knife	(Optional) But handy to have your own. Swissarmy knife or Leathermen will last you for the rest of your life. Again, we suggest lightweight and small is best. We carry the Leatherman Juice 2.	

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Camp Towel	(Optional) You can either get a backpacking towel which packs down to the size of your fist and will be handy for outreach...Or you can just bring an old hand towel or washcloth to dry off with.	
Hydration Pack	(Optional) Camelback or Platypus water bladder with a hose and bite valve. Our personal favorite are hydration bladders made by Source. These are not necessary since you will have a water bottle, but some people like to use them and find they drink more water using the straw.	
Small Toiletries	Travel size: toothbrush, toothpaste, sunscreen, sanitizer, brush/comb, bug repellent, Chapstick, deodorant, lotion, natural soap (i.e. Dr Bronners), baby wipes (great for female hygiene) (Even though you use some of these things while at base, it is helpful to have a travel size set of all the items listed above ready for trail weeks so you don't have to switch back and forth and accidentally leave your toothbrush behind.)	
Bible, Notebook, Pen	You need to have a small Bible and notebook for backpacking, do not bring your giant Study Bible on trail or the weight will be a big burden.	
Stuff sacks/ packing cubes or dry bags	(Optional) These are most useful if you like to keep your stuff organized and separated in your backpack. The cheap option is to use ziplock bags. Stuff sacks or packing cubes come in all sizes and are more durable than a plastic ziplock and can be more colorful too. Dry bags are just waterproof stuff sacks that seal closed on the top.	
Camp Chair	(Optional...sort of) You will not regret having a comfortable camp chair! When we backpack, our campsite is our outdoor classroom. Our teachers come backpacking with us and teach us each day. You will get LOTS of use from a camp chair!! A Crazy Creek style chair or a Thermarest sleeve or a backpacking stool are all great options. Just keep it light weight!	
Fishing Gear	(Optional) If you are not a resident of Idaho, a season fishing license is about \$100. You can also purchase daily permits (a one-day permit is \$12.75 and added consecutive days are \$6/day). Idaho has phenomenal trout fishing. Many of the places we backpack center around beautiful alpine lakes with great Cutthroat and Rainbow trout fishing. You may even find an occasional Arctic Grayling.	
Females Only- Diva Cup	(Optional) This is a reusable menstruation cup which is the best option for camping/backpacking/traveling/life with a period. With the cup, you don't have to worry about running out of supplies and it takes less space and produces less waste too.	

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### CLOTHING

<b>Item</b>	<b>Quantity</b>	<b>Description</b>	<b>Check List</b>
Base Layer long sleeve shirt AND pants	1	The base layers are worn right next to the skin. Many people call these “long johns” or “thermal underwear.” These <b>MUST NOT BE COTTON!!</b> When it comes to all backpacking clothes, remember that “cotton kills!” Cotton holds lots of water, dries slowly, and insulates poorly when wet. Wool, polyester, and polypropylene are good materials for your base layers. These fabrics do not absorb much water, they dry quickly, and they will insulate you even if they get wet. Also, nylon and spandex, or a combination of any of the above materials all will work for your base layer. A “midweight” base layer is ideal for our program.	
Hiking T-shirts	2-3	Non-cotton hiking shirts or tank tops. Synthetic materials such as polyester or nylon are most common. Wool is also good. If you do not already have synthetic athletic shirts, you can often find polyester athletic shirts at a thrift store for a couple of dollars. Nearly any of the “Dri-fit” style sports shirts work great.	
Hiking Pants	1	You will need a pair of durable hiking pants (not jeans!!!). Zip-offs are nice but not necessary. Some folks like to hike in shorts, which is fine. Some girls like to hike in leggings which are okay but often rip easily, and the butt must be covered by a longer top. Your hiking pants/shorts should not be cotton. They need to be able to dry quickly.	
Light Insulating Top (Fleece)	1	This should be a midweight insulating layer. You are shooting for something about the warmth of a standard hoodie (but don’t bring a cotton hoodie for this layer!). A midweight to heavyweight fleece works well. Also, a wool sweater, synthetic or down puffy vest, or other comparable layers work well.	
Light Insulating Bottom (camp pants)	1	(optional) A pair of fleece pants can be warm and comfortable for camp. If you want to stay as light as possible, you can just add your base layer bottoms under your hiking pants when it gets chilly in camp.	

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		If we encounter really cold weather, you may wear your base layers, your camp pants, and your hiking pants all together.	
Warm Insulating Top (Puffy)	1	At higher elevations, though you may be swimming during the day, it is not uncommon for the nights and early mornings to be below freezing. We recommend a “puffy” layer. This is a layer that is warmer than your fleece layer. Down “puffy” coats are great as they are very warm, lightweight, and pack down very small. They also make a nice camp pillow. There are also synthetic puffy options. A thick, heavyweight fleece coat or thick wool sweater can also be a potentially cheaper alternative, though it will take up more space and be heavier than a puffy.	
Waterproof Layer Top (Rain Jacket)	1	Your rain shell is an important and useful layer. Though our summers are fairly dry, it is possible that our first month in India can be at the end of their monsoon. The rain shell is useful for more than protecting against rain. It also protects against wind, and it can be used as an outer layer when you are cold to lock in your body heat. Types of rain shells: <ul style="list-style-type: none"> <li>● Single layer - cheapest - lightweight, but not breathable. A single layer rain jacket will often, during activity, leave you sweaty and clammy inside. If you do not plan on spending extensive time in the backcountry beyond this school, this can be a good, cost-effective option.</li> <li>● 2-2.5 layer - expensive - lightweight, breathable, and highly waterproof.</li> <li>● 3 layer - very expensive - very breathable and highly durable.</li> </ul>	
Waterproof Layer Bottom (Rain Pants)	1	(Optional) Generally, rain pants are only necessary when you are caught in very heavy rain or live in Washington or Oregon. However, like a rain shell, rain pants can be nice for protecting against wind and for locking in body heat when it is extra cold. However, if the pants are not a breathable material (i.e. Goretex), you can end up wet from condensation build-up inside.	
Underwear	2-5	We highly recommend bringing a couple of pairs of	

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		<p>synthetic underwear. Once you backpack in synthetic underwear you will never wear cotton underwear again. Websites like <a href="http://sierratradingpost.com">sierratradingpost.com</a> have brands like Terramar for very reasonable prices.</p> <p>Ladies, bring 1-2 non-cotton sports bras.</p>	
Socks	2-4	<p>It may come as a surprise, but your hiking socks should NOT BE MADE OF COTTON! Light or midweight wool socks are the best. Websites like <a href="http://sierratradingpost.com">sierratradingpost.com</a> offer lots of Smartwool-style wool hiking socks for greatly discounted prices. Smartwool is not the only company that makes quality wool hiking socks. Though Smartwool makes a great product, there are many others that make a comparable product for less.</p>	
Beanie	1	<p>You will want a warm, lightweight beanie for cold evenings up high in the mountains. If you are from Canada, you may wear a toque.</p>	
Hat	1	<p>Idaho summers typically are very sunny. A hat with a good brim for sun protection goes a long way in preventing sunburn. Your grandma's straw gardening hat is perfect if she is willing to give it to you.</p>	
Gloves/mittens	1	<p>(Optional) but if you bring them, they will be useful, and you will be happy you brought them. We usually get to play in snow at least once each year.</p>	
Bandana	1-2	<p>(Optional) Has many uses in the backcountry. Don't worry, we'll teach you.</p>	
Buff or scarf	1-2	<p>(Optional) Or just grow a big beard (preferred).</p>	
Gaiters	1	<p>(Optional) If you hate pebbles and dirt and snow in your boots, gaiters are the ticket.</p>	
Sunglasses	1	<p>It's really sunny here.</p>	
Sunglass retainers	1	<p>(Optional) These are the things that keep your glasses from getting lost in the river when kayaking some crazy Rapids. Plus they make you look like a professional bass fisherman.</p>	
Watch	1	<p>Recommended to have an alarm feature for waking up while camping.</p>	

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Campshoes	1	These are what you'll wear in camp to dry and rest your feet after hiking. Chacos, old sneakers, or Crocs work well. Just remember that you have to carry them so light is nice.	
Water sandals	1	(Optional) Chaco or Teva style sandals (any brand will do, may even be purchased cheaply at Wal-Mart) - they must have a heel strap. These are required. You need these for the kayaking trip. If you don't already have some and want something budget friendly, you can also buy mesh water shoes for very cheap.	
Boots	1	Sturdy, well-fitting hiking boots are very important. Remember that you will be wearing wool hiking socks and that your feet swell slightly when hiking. A great way to constantly get blisters and infections in the backcountry is to have boots that are too small or poorly fitted. If you purchase new boots, break them in for a couple weeks before you arrive, even if you just have to wear them around your house. Waterproof is also a nice feature, especially in India.	
Camera	1	(Optional) If you have a giant DSLR, just remember that you have to carry the weight. Remember that you will need to protect your camera from the weather. Idaho has endless beautiful photo ops!	
Earplugs	1	(Optional) If you are a light sleeper, these are very handy for community living. They also will help you sleep in India.	

Outdoor gear can be very expensive. However, with a little work and knowledge, many items can be acquired for a fraction of the price if you know where and how to look. The following are some of our favorite discount online gear stores and bargain shopping strategies.

**sierratradingpost.com** - Sign up for the "dealflyer" email coupon. This is probably our number 1 site for finding new gear for cheap. Their inventory is often changing, so keep an eye on it.

**rei.com/rei-garage** - while some of the prices may not be the cheapest you'll find, REI has an amazing warranty. For \$20 you can become a lifetime member of the REI co-op, and anything you buy can be returned for any reason within one year of the purchase. Also, as a member, you have access to their members-only used gear sales. If you have an REI near you, be sure to find out when

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their used-gear sales will be and make sure to go! Used gear sales are a huge way that we score cheap gear (though it cannot be returned).

**moosejaw.com**

**backcountry.com**

Another great way to score gear for cheap prices is to sign up for Craigslist notifications. If you create an account with Craigslist, you can choose to receive email alerts when there is a new post with your choice of keywords. So if you are looking for a tent, Craigslist will send you an email when there is a new post that includes the word “tent.”

Also, don't overlook thrift stores such as Goodwill and Salvation Army. Thrift stores can hold some great deals, and you increase your chances of finding outdoor gear or clothes by finding thrift stores in cities and towns that have an “outdoorsy” vibe.

If you look for them, some cities have outdoor gear consignment shops. We suggest checking the previously mentioned discount gear websites for prices before buying from gear consignment shops. Sometimes you can find great deals, but sometimes you can find new gear for the same price as the used gear.

**Group Equipment** - The gear items listed below are provided by YWAM Idaho and are shared by all members of the Backpacker's DTS. Group equipment is included as part of the course tuition: students may be charged for any lost or damaged group equipment outside of normal wear and tear.

Camp Stoves	Fuel and Fuel Bottles	Cooking Gear
Trowels and Shovels	Climbing Protection	Climbing Ropes
Water Purification	Maps and Compass	First Aid Kits
Bear Bag and Rope	Tarp	Emergency Location Device

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### **Base:**

The following are items to bring for the weeks we remain at our base. When you leave for outreach, you will be able to store items at the base until you return from outreach. You will not be required to carry with you on outreach all items that you bring to DTS.

<b>Item</b>	<b>Description</b>	<b>Check List</b>
Bedding	(Optional) Some people use their sleeping bag. Beds with sheets are provided at base, but you may choose to bring your own pillow and bedding if it makes you happy.	
Towel, Hand Towel, Washcloth	You may use your backpacking towel but if you don't pack a backpacking towel, then you definitely want to bring a regular towel for showering at base.	
Personal Toiletries	Shampoo, soap, toothbrush, toothpaste, deodorant, razor, sunscreen, feminine supplies, contact solution, etc.	
Prescription & Personal Medications, Vitamins	If you have Prescription meds, please bring a copy of your Prescription. You may bring personal preferred meds for headaches, allergies, colds, motion sickness, etc.	
Laundry Bag	(Optional) Mesh bag or fold up hamper are useful for keeping your clothes organized in our communal laundry facilities. Note: we provide the detergent.	
Shower flip flops	(Optional) Nice for community use-showers and also nice to bring on outreach.	
Instruments	(Optional) If you play something, you are free to bring it along. We have a few communal guitars at base.	
Academic Supplies	Pencils, pens, highlighters, markers, etc.	
Bible	This can be the same small one you use for backpacking or you can also bring a bigger study-Bible or whichever Bible you prefer for personal devotions. If you don't have an English Bible, the recommended versions would be ESV, NLT, NIV, or NKJV.	
Journal	(Optional) We provide notebooks for required school journaling. You may bring your own nice journal for personal use.	

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Laptop/iPad /Kindle	(Optional)	
Passport	Expiration should be at least 6 months after the school is finished.	
Immunization Card		
Medical Insurance Card or Photocopy		
Money/bank card	For any personal spending.	
Stationery & Pictures From Home	(Optional) Stamps, address book, etc. Some people like to write home or write to their supporters on occasion. You can bring family pictures to hang by your bed, and on outreach, locals will love looking at your family pictures.	
iPod/MP3 Player	(Optional)	
Thumb Drive/ External Hard Drive	(Optional) Nice for taking pictures home from other people's cameras.	
Alarm Clock	May be one on your watch or phone but you will be responsible for waking up on time!	
Clothes for Cool Weather	Casual pants/jeans, hoodies/sweaters/jacket, scarf, long-sleeve tops, close-toed shoes/boots, etc. These may overlap with some of your backpacking clothing items. But you have the option of packing "normal" cotton clothing for base-weeks. We will likely have cooler temps the first few weeks of DTS and the last few weeks of DTS. Ladies, leggings may only be worn under dresses/skirts or long shirts.	
Clothes for Warm Weather	Casual shirts, tank tops, shorts, sandals, hat, etc. Again, these may overlap with backpacking clothes. But, you have the option of packing normal cotton clothes for base weeks. Please note that we maintain a community culture of honor so whatever you wear must be modest or you will be asked to change. If you have questions about something, feel free to ask a leader.	
Swimsuit	No speedos and no bikinis. Water play will happen: our base is right on a big river and we will also go to some natural hot springs!	
Pajamas	Your roommates will appreciate it.	

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Nice Clothes	For church, special events, or graduation.	
Work Clothes	Clothes that can get dirty: old T-shirt, jeans, sweater, etc.	
Undergarments and socks	Enough for a week.	
Tennis shoes	Comfy shoes for everyday use. (May also double as camp shoes if lightweight enough).	

### **Outreach (India/Nepal):**

(These are only items that have not been previously listed above.)

<b>ITEM</b>	<b>DESCRIPTION</b>	<b>CHECK LIST</b>
Sleeping Bag Liner	(Optional) These are very nice to have in India when sleeping on a variety of beds plus they are much easier to wash than the sleeping bag. You can make one out of a bedsheet sewn into a tube or purchase one at select WalMarts in the camping section.	
Small Backpack/daypack/shoulder bag/ purse	This can be a carry-on for the plane or can be the detachable top of your backpack.	
Slippers	(Optional) Shoes are not worn indoors. These can be purchased cheaply in India.	
Power Adapter & Converter	(Optional) If you are taking electronics, adapters are necessary because the outlets are a different shape than ours. A converter is only needed for some small appliances and not usually necessary if you are only bringing chargers. We can explain more when you are here.	
Travel Pillow	(Optional) You won't be bringing your normal pillow, so if you like a little luxury item, bring a travel pillow.	
Money pouch	This is a secure way to keep your money & team money on your person and may help keep it organized.	