



# Outdoor Leadership

## Gear List

As a student in the ADV119 and ADV121 courses, you will need the equipment listed below as well as other minor equipment. We have tried to minimize this list as much as possible, as we are aware that this equipment can be very expensive. Please keep in mind, however, that if you purchase quality equipment, you are likely to get many years of use out of each item. If you are not sure what brand/models to purchase, wait until you arrive at WCCC in the fall to purchase these items, as we will be covering what to look for in quality outdoor gear. Just make sure to come to school in the fall with the financial resources necessary to purchase your gear soon after the fall semester begins. If a student has a question regarding the tool list, please contact your instructor Scott Fraser at 207 454-1031 or at [sfraser@maineccc.edu](mailto:sfraser@maineccc.edu)

### Required:

Item	Available to rent/borrow from OAC	When Needed By (Sem.Week)	Approx. Cost
Polypropylene Undergarments (long underwear) – bottoms and tops – 2-3 sets NOT COTTON!	No	1.2	\$50-100
Warm Pants (fleece, wool, or softshell) such as Black Diamond Winter Alpine Pant	No	1.4	\$40-150
Warm Fleece Shirt/Pullover/Jacket (such as Patagonia R1 pullover – w/hood recommended)	No	1.2	\$30-150
Waterproof/Breathable Pant Shell such as <i>Marmot Precip</i> pants	No	1.2	\$80-180
Waterproof/Breathable Jacket Shell such as: <i>The North Face Venture</i> or <i>Marmot Precip</i> Jacket	No	1.2	\$80-120
Winter Hat (fleece or wool)	No	1.4	\$20-30
Warm Synthetic Socks (wool, etc – several pairs)	No	1.4	\$10-30 ea
Warm Synthetic hooded “Puffy” Coat such as: <i>Marmot Calen Hoody</i> or <i>North Face Thermoball</i> or <i>Patagonia Nano Puff</i> jackets	No	2.1	\$150-200



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## Required:

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Winter Gloves (waterproof)	No	2.1	\$50-\$100
0 to -20 Degree Synthetic Winter Sleeping Bag (not down) such as: <i>Mountain Hardwear Laminina Z Torch</i>	Yes	1.4	\$200-300
Insulated Ground Pad (closed cell foam or Thermarest)	Yes	1.4	\$30-85
Internal Frame Backpack-approx. 65-75 liter capacity such as: <i>Osprey Argon 70</i> or <i>Gregory Baltoro 75</i>	Yes	1.10	\$100-\$300
30-Liter Daypack	No	2.2	\$30-\$100
Mess Kit – including plate, cup, bowl, fork/spoon/spork	No	1.4	\$30-\$80
Camp Cooking Pot set – must include 1-quart cooking pot (may be combined with mess kit)	No	1.4	\$30-\$100
2 1-liter Widemouth Water Bottles – <b>must be Nalgene</b> durable unbreakable plastic bottle <b>with a wide mouth</b>	No	1.2	\$12 ea
Hiking Boots (broken in–get early and wear all summer if possible) – medium weight - will be carrying 40-lb pack	No	1.10	\$80-180
Compass (Silva Type 7)	No	1.2	\$12-15
2 Drybags (for sleeping bag & clothes, 30 liter capacity)	Yes	1.2	\$20-30 ea
Headlamp (LED recommended)	No	1.4	\$20-50
PFD for sea kayaking/canoeing	Yes	1.2	\$50-150
Closed toed water shoes such as <i>NRS Paddle Wetshoes</i> (no crocs or flip-flops)	Yes	1.2	\$35-120
Waterproof watch with alarm	No	1.4	\$10-\$50
Wetsuit or Drysuit	Yes	1.2	\$200-1000
Rock climbing shoes (not required)	Yes	2.6	\$75-150



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