



Hante ApEx 2025 Clothing and Equipment List

Purpose and Considerations

Packing for your Hante should be done with care to ensure you have the necessary clothing and equipment for a safe and fun trip. Each item on this list has been carefully selected and is required, unless noted optional. On our adventures, we layer clothing for warmth and protection from the elements. We use synthetic fibers, such as polyester, fleece, and wool, which keep you warm when wet. **You cannot wear cotton** except for travel or rest days. Cotton will not keep you warm when wet, nor will it reliably dry. It is also important to consider clothing with these materials, as they tend to stay relatively clean and usable over multiple days (the ability and opportunities to wash/clean clothes will be limited).

Eagle's Nest Foundation Gear Lending Library (GLL)

Thanks to the generosity of Eagle's Nest Camp, Hante, and Outdoor Academy alumni, we have a supply of outdoor clothing and equipment to lend for your trip. If obtaining the items on this list poses a challenge for you, please reach out to Ed (ed@enf.org). We will work with you confidentially to provide as much as possible. **Please also contact us if you plan on borrowing gear listed below so that we may prepare your gear accordingly**

How to Find What You Need

1. **First, use gear you already own.** Most of the clothing and equipment you need you likely already own.
2. **Go to a thrift store or second hand outdoor gear shop!** Your local thrift store or used outdoor gear shop is a great place to buy basic items like fleece, long underwear, long sleeve shirts, and shorts. With the added benefit of not being afraid to beat it up a little!
3. **Visit your local outdoor store.** For some specific items, such as boots, it is immensely important to try things on to get the right size and fit.
4. **Shop online to find discounts.** Websites like REI Outlet, Backcountry.com, Sierra Trading Post, and Steep and Cheap, all regularly have sales or offer discounted prices.

Additional Considerations

- **Money:** If you are traveling by plane, please bring \$40 cash. We will collect \$20 on opening day and hand it back on closing day so you have a little something with which to travel home.
- **Electronics:** We will be collecting all electronics on opening day. They will remain off and stored for the duration of the trip. Eagle's Nest is not responsible for any damage incurred to stored electronics. The safest and simplest option would be to limit the amount of electronics brought as much as possible.
- **Packing:** Please only pack what is on the list, space will be limited!
- **Label label label.** Chances are, someone else will come with similar gear. Labeling is also helpful in the event you accidentally leave something with us.
- **Brands** are listed to provide guidance, but are not a requirement to fulfill the packing list.
- Items marked with "x" under "Borrow" indicate that the item is available to be borrowed from us
- ***If you are traveling by airplane, please have the following in your Day Pack to prepare for the event of lost luggage on opening day:***
 - *Change of clothes, rain jacket, medications, toothbrush, wallet and money.*

Equipment			
Gear	Borrow	#	Description
Backpacks and Bags			
Hiking Backpack	x	1	65+ Liters. This is one of the most important items for our trip, as much of it will be spent on the trail!*We have packs available for you to borrow. We use the Osprey Aether and Ariel as program packs
Hiking Backpack Cover	x	1	<i>*Optional.</i> 100% Waterproof backpack cover
Day Pack		1	This pack will be used for travel/prep days, as well as travel to and from the Hante (<i>This can be a school backpack or similar</i>)
Sleeping Gear			
Sleeping bag		1	Synthetic sleeping bag rated 35 degrees Fahrenheit or warmer. (<i>Recommend: Marmot, Kelty, North Face, REI, Big Agnes.</i>)
Stuff Sack		1	This makes your sleeping bag very small, maximizing packing space
Ground Pad	x	1	<i>*Optional.</i> Insulating ground pad. We provide Therm-a-rest Ridgerest sleeping pads to participants. You are welcome to bring your own! Inflatable pads are welcome, though bear in mind the possibility of leaks and higher costs with this style.
Footwear and Clothing			
Gear	Borrow	#	Description
Footwear			
Hiking Boots or Shoes		1	Personal preference on what works best: medium to light-weight hiking shoes or trail runners, or larger ankle-supported hiking boots all work for the right individual. Please break them in before arrival to prevent blisters! *ENF has a small selection of used footwear in the GLL (<i>Recommend: Asolo, Vasque, Merrell, Altra, Hoka</i>).
Camp Shoes		1	Comfortable, lightweight shoe you can easily carry in your pack. We require closed-toe shoes for cooking, so closed-toe camp shoes are popular (<i>Crocs with holes are great, but can't be worn while cooking!</i>)
River Shoes	x	1	<i>*Optional.</i> Shoes that can get wet, stay on your feet, and must be closed-toe and contain a back strap. <i>No crocs, please</i> (ENF has a variety of quality river booties to borrow)
Hiking Socks		3-5	Non-cotton. These are important for preventing blisters (<i>Recommend: Smartwool, DarnTough, or similar. Look for "merino wool".</i>)
Sock Liners		2-3	<i>*Optional.</i> These wick moisture and help to prevent blisters. These are a personal preference, working for some people and not others
Socks		2-3	These should also be synthetic or wool, but can be lightweight cotton. These will be used during the "non-backpacking" times.
Ankle, Knee, Wrist Braces/Wraps		-	Please bring any you regularly wear. If you don't wear them, they are not needed.

Upper Body Layers			
Long Underwear/ Base Layer Top		1	Synthetic, medium weight, long sleeve top. These are great for chilly nights (<i>Recommend: REI, Patagonia Capilene, Smartwool</i>)
Synthetic Shirts		3-4	Synthetic, non-cotton t-shirts for most of the trip (<i>Recommend: REI, Patagonia Capilene, or similar.</i>)
T-Shirts		2	Comfortable cotton t-shirts to wear during travel and prep days. (<i>Note: NOT for trekking, climbing, or paddling</i>)
Long Sleeve Synthetic Shirt		1	Synthetic, non-cotton. (<i>Recommend: REI, Patagonia, or similar</i>)
Fleece Jacket		1	Fleece, non-cotton layer for wearing underneath an insulating jacket. (<i>Recommend: REI Groundbreaker, Patagonia Synchilla, Sierra Designs Cold Canyon Hoodie, or similar</i>)
Insulating Jacket		1	Synthetic insulation, non-cotton. Think light puffy-jacket. (<i>Recommend: REI Revelcloud, REI Flash Jacket, Patagonia Nano Puff</i>)
Rain Jacket w/ Hood		1	Must be 100% waterproof! (<i>Recommend: REI Rainier, Marmot Precip, or Patagonia Torrentshell</i>)
Sports Bra		3	If you wear these, bring them! Non-cotton, synthetic.
Lower Body Layers			
Long Underwear/ Base Layer Bottom		1	Synthetic, non-cotton. Medium weight. These are great for chilly nights (<i>Recommend: Patagonia Capilene Lightweight/Midweight bottoms, or similar</i>) Note: a pair of synthetic leggings will work here.
Athletic Shorts		3-4	Synthetic, non-cotton. (<i>Recommend: REI, Patagonia Baggies, Nike Runners, or similar athletic shorts.</i>)
Long Hiking Pants		1-2	Synthetic, non-cotton hiking pants. <i>It can get pretty buggy out there - you'll find yourself wanting to hike or sit around the fire in these! REI has a great selection.</i>
Rain Pants		1	100% Waterproof and large enough to fit over your hiking pants, athletic shorts, and/or long underwear. (<i>Recommend: REI, Marmot</i>)
Bathing Suit		1	Bring something that you can be active in. <i>Note: your synthetic clothing acts as a great swimsuit in the moment! No string bikinis please. (Recommend: Patagonia Baggies make for great dual purpose swim/active wear)</i>
Underwear		10	Synthetic, non-cotton pairs are great for our treks, but please bring a few breathable cotton pairs for our travel and prep days.
Head & Hands			
Warm Hat		1	Wool or fleece.
Baseball Hat		1	A baseball or wide-brimmed hat for sun protection.
Gloves		1 pair	<i>*Optional.</i> If you are someone whos hands get cold easily, these would be good for potentially chilly nights
Bandana		2	These are excellent in many ways, from sun protection to cleanliness.
Headlamp		1	Hands-free light for those adventures in the dark! Please bring extra batteries. Rechargeable headlamps are not recommend- ed, since we do not have a way to recharge in the field
Whistle	x	1	<i>*Optional. Recommend: Fox 40 Classic.</i> ENF can provide this
Sunglasses		1	For sunny days. <i>Don't forget retainers to keep them attached to you!</i>

Miscellaneous and Personal Items			
Gear	Borrow	#	Description
Toiletries			
Toothbrush and Paste		1	Plus any retainers you may wear
Glasses, Contacts		-	Please bring any you regularly wear, as well as a backup pair.
Shampoo/Soap		1	Travel size and biodegradable, please (<i>Recommend: Dr. Bronner's</i>)
Deodorant		1	Please bring an unscented deodorant.
Personal Kit		1	Insect repellent (non-aerosol), waterproof sunscreen (SPF 30+), Band-Aids, Chapstick with SPF, Wet Ones wipes, Menstruation materials, and Hair Care Supplies.
Blister Kit		1	Moleskin products for blister treatment and athletic tape. Brands can be found in the skin care section of pharmacies and grocery stores
Miscellaneous			
Wallet		1	If you are traveling by plane, please bring \$40 cash for travel: we will collect \$20 at the start of the trip (with valuables) and hand it back at the end so you have a little money for traveling home.
Pocket Knife		1	<i>*Optional.</i> We will learn how to responsibly use pocket knives. Please do not store it in your carry-on if you're flying.
Pack Towel		1	Synthetic material. Absorbent and quick drying.
Large Ziploc Bags		5-10	These will be used for keeping items dry and organized in our packs.
Trekking Poles		1	A joint saver! They absorb ~60% of the shock force otherwise taken by your body. Be sure to purchase the correct height - poles should rise to a point between the hip bones and the bottom of the rib cage.
Additional Equipment			
Water Bottles	x	2	Minimum 2, 1 liter each (<i>Recommend: Nalgene</i>). If you bring a hydration system, you must also bring 2 1-Liter water bottles.
Bowl with Lid and Spoon, Mug with Lid		1	Please bring 1 of each (<i>Recommend: Tupperware, Nalgene, Metal Spork</i>)
Nylon Stuff Sack		3-4	Variety of sizes (separate from your sleeping bag stuff sack). These are handy for food storage and keeping your personal items organized.
*Optional			
Gear	Borrow	#	Description
Camera		1	Bring extra batteries
A great book		1-2	Paperbacks are preferable and easier to pack.
Notebook with pen		1	For journaling
Stationary w/ Stamps		-	There may be days of travel where we can send out a letter or two!
Crazy Creek Chair or Foam Seat Pad		1	Another big luxury item that is single handedly responsible for many moments of comfort in the great outdoors.