

# Ancient Trails: Spirals from the Source

## Equipment and Packing Information

**Please follow the equipment list when packing for the trip.** The following information was developed over the last 30 years by many teachers taking thousands of students on wilderness adventures. They have learned that there is nothing worse than having a large group of cold, wet children on a long journey. Our number one concern is the safety of the children on our expeditions. The required equipment and clothing on this list forms the fundamental basis of that protection from the elements.

**Everything** brought must fit into 1 **SBMS ORTLIEB duffles** (28" x 15.7" x 15.7") and a daypack. This includes your tent, sleeping bag and sleeping pad. You **MUST** keep ALL of your gear in your one duffel for the entire trip.

**\*\*Backpack with meals, snacks, \$, toiletries, sleeping bag, & music, book for the train and/or van rides.**

**Gear with you on the train / in vans MUST fit into your duffel during the rest of the trip!!**

\* A **WH** in the column titled "Whit's Warehouse (WH)" indicates that the item(s) is sold there. An X indicates Whit's Warehouse does not carry that item. ALL of the equipment and clothing sold here are sold at GREAT prices! In addition we sell SBMS LOGO: sweatshirts, fleece blankets, tote bags, & T-shirts.

Lower Body Clothing				
Equipment	Whit's WH	Quantity	Comments	Ck List
Underwear	X	6 pairs	These can be washed by hand during the trip.	
Socks	WH	6 pairs	At least 2 pair should be wool or wicking for cycling. Wool for warmth at night.	
Long Underwear Bottoms	WH	1 pair	Used during the rides. Moisture wicking, lightweight, made of capeline or polypro. Cotton and cotton blends are NOT encouraged	
Fleece Bottoms	WH	1 pair	These are thicker than long underwear, a mid-weight fleece	
Long Pants	WH	2 pair	These are to be used in camp. Jeans and sweat pants are fine.	

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Shorts	WH	4 pair	2 of these must be cycling shorts. The other two can be shorts to wear in camp.	
Rain Pants	WH	1 pair	These should be waterproof and are used during rides. They may be used in camp as well if we get a rainy morning or evening.	

Upper Body Clothing				
Equipment	Whit's WH	Quantity	Comments	Ck List
Undershirt/Sports Bra	X	3	personal preference/if necessary	
Short-sleeve t-shirt	WH	3	Cotton or polypro. NO tank tops,	
Long-sleeve t-shirt	WH	3	These are for camp and riding. One should be polypro.	
Long Underwear top	WH	2	Used during the rides. Moisture wicking, lightweight, made of capeline or polypro. Cotton and cotton blends are NOT encouraged	
Long Sleeve Fleece Top	WH	1	This is thicker than long underwear, a mid-weight fleece	
Heavy-Weight Pullover or Sweater	WH	1	Wool or Fleece	
Warm Jacket	WH	1	Overcoat or Ski Parka, Poly-fill preferred	
Rain Jacket	WH	1	These should be waterproof and are used during rides. They may be used in camp as well if we get a rainy morning or evening.	

Other Clothing				
Equipment	Whit's WH	Quantity	Comments	Ck List
Fleece gloves	WH	1 pair	You'll need them in camp!	

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Fleece/wool cap	WH	1	For use during rides if it is cold or at camp at night	
Sun hat	WH	1	This should have a brim or visor	
Swim Suit	X	1	Just in case...	
Bandana	WH		To use while cycling	

Footwear				
Equipment	Whit's WH	Quantity	Comments	Ck List
Cycling Shoes	X	1 pair	Athletic shoes or shoes specifically made for cycling	
Camp shoes	X	1 pair	Comfortable close-toed shoes for camp AND for walking/hiking.	

Bags, Utensils, and Sleeping Gear				
Equipment	Whit's WH	Quantity	Comments	Ck List
Tent	WH	1 per tent group	3-PERSON SIZE TENT MAX! 2 students max! Be sure that you have packed the tent poles, stakes, tie lines, ground fly, and rain fly that covers the ENTIRE TENT!	
Synthetic Sleeping Bag	WH	1	Be sure that it rates to 0 degrees! It can be cold at night.	
Sleeping Pad	WH	1	This insulates the adventurer from the ground as she/he dreams.	
Eating kit	WH	1	This MUST include: fork, spoon, bowl, cup AND <b>TWO reuseable sandwich containers</b> . It MUST be in its own stuff sack	
Duffel Bag	WH	1	The Ortleib bags are becoming our standard issue bags for students. If you are using something other than an Ortleib bag, please be sure that it fits within our size limit: 15"x 15" X 30"/6000 cu. in. max. size. NO WHEELS PLEASE!	

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Toiletries				
* Put all liquid, powder, and paste toiletries in ziploc bags to prevent spilling				
Equipment	Whit's WH	Quantity	Comments	Ck List
Toothbrush	WH	1		
Toothpaste	WH	1	Travel Size! (light and small!)	
Soap	WH		Travel Size! (light and small!)	
Shampoo	WH		Travel Size! (light and small!)	
Brush	X		Travel Size! (light and small!)	
Deodorant	WH	1		
Baby-wipes	WH			
Body wipes	WH		These are handy after a long day of biking if the rider opts out of a shower...	
Towel	WH		Preferably small, for packing sake	

Miscellaneous equipment				
Equipment	Whit's WH	Quantity	Comments	Ck List
Sunscreen	X	1 large tube	30+ SPF	
Lip Balm	WH	1	30+ SPF	
Sunglasses	X	1 pair		
Small flashlight or Headlamp	WH	1	Headlamps are VERY handy!	
Extra Batteries	X	1 or 2 sets	For your flashlight or headlamp	
Insect Repellent	X	1		
Journal or paper	X			
Pen	X	1		
Large Trash Bag	X	1	for storage of wet and dirty clothing and shoes	

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REQUIRED Bike Gear: THE CRITICAL ITEMS				
Equipment	Whit's WH	Quantity	Comments	Ck List
Breezer and/or 3 tire irons	WH		You will need a 6" adjustable crescent wrench if you do not have a quick release	
Tire Patch Kit	WH	1	This includes patches, glue, and sandpaper	
Spare tubes	WH	3	Be sure that they are the correct size! They must fit your rim!	
Tire pump	X	1	Most of the pumps that are on the market can be adjusted to fit either presta or schrader valves. However, be sure that this is the case and if not, be sure that the pump fits YOUR specific tire valves.	
Personal First-aid kit	WH	1	This includes sunscreen, 2 quarters, and a medical release form that will be handed out on the trip. In addition, please inform Lilli if your child will be taking any personal medication	
Bike Gloves	WH	1 pair	Required to ride	
Bicycle Helmet	WH	1	NO hybrid skating helmets. A helmet with a jaw protector is suitable.	
Hydration pack OR two water bottles	WH		If you opt for the water bottles, they must be mounted on the bicycle frame. The hydration pack must hold a sufficient or equivalent amount of water.	
Rear rack or seat-post rack	X	1	If using a seat-post rack, it MUST be secure. Hazards has the SBMS custom set rack & bag.	
Rear rack pack	X	1	Handlebar bags and backpacks are not allowed. The rear rack pack is used to hold the critical items while on the trail.	
Bike lock & cable	X	1	We ask that you use a combination lock rather than a key lock, as the keys have a tendency to disappear	

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BICYCLE! (with front shocks)	X	1	NO hybrid bikes. Please speak with Jesse K. if you have any questions regarding appropriate bikes.	
<b>Odometer</b>		1	On bike! Set in miles not kilometers!	

Optional, But Recommended Gear				
Equipment	Whit's WH	Quantity	Comments	Ck List
High quality bicycle seat	X	1	Your rider's bottom will thank you!	
roll of quarters	x		For pay showers!	
Sun shower	WH	1	When there are no showers!	
Sleepwear	X	1	This gets them out of their riding and camp clothes at night	
Travel-size tissues	WH		These are helpful on rides	
Stuff sacks	WH		These can be VERY helpful during packing to organize clothing and equipment. You can also use ziploc bags.	
Spending money	X		\$5.00 a day. There will be occasions where students will definitely want some spending money.	
Camera	X	1	Memories...	
Film	X			
Books	X		There is not much time for reading, but the book worms may find that they can fit it in!	
Sandals/flip flops	WH	1 pair	For camp and to air out sweaty feet! .	