

# Sterling College

## Working Hands. Working Minds.

### Winter A Sense of Place Equipment List

#### Welcome to Sterling College!

Learning to choose the right equipment for your adventure is an essential part of a fun and successful experience. We know that walking into an outdoor store can be a daunting experience, but preparing for your course need not feel overwhelming. This list is designed to help you make smart, prudent choices about the gear you bring to Sterling College for your Winter A Sense of Place course.

#### Here are some thoughts to guide you as you pack:

- **First, use gear you already own!** You'll be comfortable in tried-and-true clothing. Bring more layers than you think you'll need.
- **Second, rent key items from Sterling College.** While you are not obligated to rent gear from us, there are several reasons why we suggest it. Our rental gear is chosen and maintained specifically for the use it receives on courses, and renting lets you try out gear so that you can make informed decisions on future adventures. If you plan to rent, it is a good idea to send us an email ahead of time with the items you plan to rent.
- **Third, visit your local outdoor store.** Most gear shops are familiar with outdoor courses. They can advise you on purchases—but be wary of being “upsold” items that you don't really need! We encourage you to keep the tags on all equipment and clothing (and the receipt) so that you may return any unneeded items if your instructors inform you of this when you arrive.

#### Equipment Fees

Anything that is listed as available for rent from Sterling College is available to you. If you have significant financial strain, please contact us so we can arrange equipment for you at a discounted or scholarship rate.

## Quality Over Quantity

We fundamentally believe that you don't need to own a lot of expensive gear to live and travel comfortably in the outdoors. By purchasing high-quality items and learning to care for them, you're making a lifetime investment. Spend money on the few items that really matter, but don't get lured into splurging on the trendiest fabrics or unnecessary gadgets.

## No Cotton

When packing for the winter outdoor exploration, **NO COTTON**. Cotton clothes do not retain heat when wet. Rain and wet snow or sweat can lead to hypothermia in cotton clothes. **DO NOT** bring any of the following for outdoor travel; jeans, cotton t-shirts, sweatshirts, or cotton socks.

## Questions?

If you have any questions or would like more information regarding the items on this list, please contact your Admission Counselor and they will connect you with a knowledgeable faculty member.

## How to Use This List

Items under the **Required** heading are items that you **must** either bring yourself or rent from Sterling as available. Items under the **Optional** heading are not required, and you may bring them from home. If you see an **X** in the price column, it means that an item is not available for rent as indicated.

Upper Body Clothing			
We layer our clothing, combining different garments to achieve optimum insulation and protection from wind, snow and rain. We use either synthetic or wool fibers, both of which insulate when wet; merino wool products are increasingly popular. We avoid cotton, which is poor insulation when wet.			
Equipment	Rent	Photo Example	Notes/Photo Example product name
<b>Required Items</b>			

Base Layer (midweight synthetic) (1)	X		Mid-weight underwear top made of wool, synthetic, or Capilene®. (Patagonia Capilene® Midweight Crew)
Top Layer (synthetic or fleece jacket)	X		Synthetic full-length zip jacket. Fleece or fiberfill jacket of Polartec® 300 or equivalent weight. Hood is nice but not required. (Marmot Calen Hooded Insulated Jacket)
Rain Jacket	X		A sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable. (Columbia Watertight II Jacket)
Sports Bra or Tank (1-2)	X		Synthetic sports bra or a synthetic sports tank are recommended if applicable. (New Balance Shapely Shaper Sports Bra)

Our advice? Bring all the sweaters, fleece jackets, and synthetic layers you think might work. We'll advise you on the best combination for your winter travel exploration.

### Lower Body Clothing

You will need 1 synthetic insulating layer (usually a base layer like long underwear). All layers must fit comfortably over each other so that they can be worn at the same time. If you tend to get cold easily, add a middle layer of midweight bottoms to the base layer.

Equipment	Rent	Photo Example	Notes/Photo example product name
<b>Required Items</b>			
Base Layer (midweight synthetic) (1)	X		Mid-weight bottoms of high performance polyester, synthetic, or Capilene®. Cotton and cotton blends are not acceptable. (Patagonia Capilene® long underwear)
Wind / Hiking Pants	X		Breathable nylon wind pants or lightweight hiking pants, roomy enough to fit over lower body base layer. (Prana Stretch Zion Pants)

Fleece pants/expediti on weight long underwear	X		For very cold days you may need more than long underwear under your wind pants.
Rain Pants	X		Some people like to use rain pants in conjunction with a rain jacket. (Frog Togg Rain Pants)

**Optional Items**

Snow Pants	X		These might be good for super cold days but generally if you are keeping active in the cold they may be too warm.
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Our advice? Bring all the synthetic base layers, rain gear, and exercise clothing you think might work. We'll advise you on the best combination for your trip.

**Head, Neck, and Hand Layers**

Equipment	Rent	Photo Example	Notes/Photo example product name
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**Required Items**

Warm mitten and or gloves(2 pair)	X		Mittens will keep you much warmer. Something with outer shell that snow will not stick to is best. Two pair so if one gets wet you have something for your hands if you go out again before the dry.
Wool or Fleece Hat	X		A warm hat made of wool or fleece. Thick enough to keep you warm on chilly nights. (L.L.Bean Polartech Power Stretch hat)

**Packs and Bags**

Equipment	Rent	Photo Example	Notes/Photo example product name
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**Required Items**

Day pack	X		A small day pack to bring water, snacks, spare clothes for your outdoor adventures. It can be a book bag, you need not purchase something special.

Our advice? An expedition backpack is a major purchase. If you don't already own one, we think you should rent ours.

### Sleeping Gear

Equipment	Rent	Photo Example	Notes/Photo example product name
<b>Required Items</b>			
Sleeping Bag	(Some avail. for rent)		Synthetic-filled bags (Quallofil®, Hollofil®, Polarguard®, etc.) perform well in the variety of conditions we may encounter. A bag with temperature rating of 45°F to 20°F. (Mountain Hardware Lamina)

### Miscellaneous Items

Equipment	Rent	Photo Example	Notes/Photo example product name
<b>Required Items</b>			
Water Bottle (2)	X		Wide-mouth quart- or liter-sized plastic bottles (2 liter capacity total). Gatorade 32 oz. bottles are cheap and work well. (Nalgene Everyday)
Neck Gaiter	X		These are always handy. (Buff Original Buff)
Headlamp	X		Durable and lightweight. Headlamps are preferred over flashlights. (Petzl Tikka Headlamp)
Toiletries	X	N/A	Toothbrush, toothpaste, comb, and menstrual products. Travel or trial sizes are plenty!

Watch	X		A watch with an alarm is a nice feature. (Timex Chrono-Fast Wrap Alarm watch)
Pen/Pencil (2)	X	N/A	For journaling and taking notes during classes.
Prescription Medications	X	N/A	Please be sure you have enough for your entire course and travel days.

**Optional Items**

Notepad	X		A small, lightweight journal for personal journaling is fine, but you will have a workbook to take notes in. (Rite in the Rain 148 All-Weather Notebook)
Trekking Poles	(Some avail. for rent)		Useful for snowshoeing (Black Diamond Trail Sport 2)
Camera	X		Lightweight, compact digital cameras are sufficient; bring a protective case. Avoid heavy lenses and elaborate set-ups. <b>(Please note: you may NOT bring your smartphone or tablet into the field to use as a digital camera.)</b> (Olympus Stylus Tough)
Pocketknife	X		Not needed. Should you want to bring one, please choose a very small knife or multi-tool. (Gerber Ultralight I st)

Our advice? Keep the toiletries, pocket knife and other gear to small sizes. We work to keep our pack weight as low as possible. Saving every ounce is essential!

**Footwear**

Equipment	Rent	Photo Example	Notes/Photo example product name
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Required Items			
Winter Boots	X		Winter boots rated at 0 degrees or below. One with a liner that can be taken out to dry is best. Muck boot Arctic boots are OK.
Synthetic Socks (2)	X		Mid to heavy weight wool/synthetic socks. All pairs of socks should fit comfortably in your boots. (Darn Tough Micro Crew ¾ hiking sock)
Cabin Shoes/slippers	X		Running, tennis, or cross-training athletic shoes, old sneakers are fine. (Crocs™ Specialist)
Optional Items			
Gaiters	X		Shin- or knee-high. Gaiters keep dirt and other snow from entering the boot. (Outdoor Research Crocodile Gaiter)
Our advice? Your boots will be a critical piece of gear. If they're not warm, don't provide enough support, or don't fit properly you won't be happy. If you have any doubts about boots, feel free to check in with your Admission Counselor.			

## Boot Recommendations

We want you to have boots that provide adequate warmth for your feet and provide reasonable comfort. Many boots available on the market do not meet these criteria.

Here are some features to look for:

- Waterproof or leather upper (that is treated with waterproofer) or a combination of nylon, Gore-Tex, and leather. Rubber and fully waterproof bottom.
- A sole that provides good traction, like Vibram® or other lugged sole.
- Comfortable fit with. Boots that are too small commonly cause blisters and cold feet.

The following list of acceptable boots is not exhaustive and is to be used for suggestions only. It is fine to substitute a similar boot for one of those listed here.

Muck Boot Arctic, Sorel with removable liners, Kamik.

