











PROGRAMS


BIG BEND CANOEING STUDENT EQUIPMENT LIST












BUOA uses the W.I.S.E layering system. This stands for Wicking, Insulation, Shell, & Extra Layers. Through many years of experience this system has been honed to keep you safe and comfortable in the outdoors. Your instructors will personally go through your clothing system to ensure the quality and appropriateness to ensure your safety on your adventure. Please feel free to ask questions regarding clothing & equipment selection as our staff have a lot of experience in what is available on the market today. ALL ITEMS ARE REQUIRED UNLESS SPECIFIED AS OPTIONAL.











Wicking Layer- Lower Body			Qty	Own	Buy	Rent
Hiking/Mountaineering Socks	Mid to Heavy Weight socks. Be sure to allow good wiggle room in your boots or shoes. Too heavy of a sock which constricts toe movement is counter productive to warm feet.	Synthetic, wool, blend 	2			N/A
Sleeping Socks (Recommended)	Light to Mid Weight socks which are kept in your sleeping bag (dry and warm). Nothing better then warm dry socks for a warm restful nights sleep.	Synthetic, wool, blend 	1			N/A
Underwear	Most adventurers wear undergarments underneath their base layer and rotate every few days for freshness.	Synthetic 	2 or 3			N/A
Long Underwear	This will be your base layer and should be "lightweight" or "silk weight" synthetic or wool. Cotton is not allowed. Dark colors will feel wamer than light colors.	Synthetic, wool, capilene, polypropylene 	1			N/A
Wicking Layer- Upper Body			Qty	Own	Buy	Rent
Short Sleeve T-Shirt	The only article of clothing that can be cotton. Sometimes, a cotton shirt can be a nice break from the synthetics while at camp. One one each (cotton/synthetic) is a great option.	Synthetic, cotton, blends 	2			N/A
Long Sleeve T-Shirt / Zip-T	This wicking / base layer and should be "lightweight" or "silk weight". No Cotton! Zip-T's are a great option for better temperature regulation.	Synthetic, wool, blend 	1			N/A
Sports Bra	Most adventurers wear undergarments underneath their base layer and rotate every few days for freshness.	Synthetic 	2			N/A

Insulating Layer- Lower Body			Qty	Own	Buy	Rent
Fleece / Puffy Pants	This mid-weight layer is required is required to stay warm in the late season. If you tend to get cold easily, opt for a slightly warmer and more substantial jacket.	Fleece, Primalot, Down 	1			N/A
Insulating Layer- Upper Body			Qty	Own	Buy	Rent
Mid-weight pullover	This lightweight insulating layer is all most desire while on the move. A wool sweater or lightweight fleece work best. Avoid "windproof fleece" which are not breathable enough.	Fleece, Wool 	1			N/A
Light Puffy / Vest (Optional)	This extra layer of warmth is perfect for the "in between seasons" by adding warmth to your layering system with little weight.	Fill Materials: Primaloft, down 	1			N/A
Insulating / Puffy Jacket	A large Parka or Puffy will be essential for nighttime and early morning activities in Big Bend as it will get quite cold. If you tend to get cold easily, opt for a slightly warmer and more substantial jacket.	Fill Materials: Primaloft, down 	1			N/A
Shell Layer- Lower Body			Qty	Own	Buy	Rent
Soft Shell Pants (opt.)	This is a thin, light, stretchy, breathable but wind and snowresistant layer that is a perfect outer layer of clear alpine days. This will be your outermost layer most of the time. A thigh pocket is a useful feature for storing small items.	Schoeller, Powerstretch, Powerdry, or similar 	1			N/A
Shell / Rain Pants	Waterproof/breathable; this lightweight yet durable shell will protect from rain, wind, and snow. No rain slickers or tyvek pants (Aka: Frogs Toggs) This shell should be sized to comfortably fit over your other base and insulating (second) layer.	Goretex, eVent, h2No, or similar 	1			\$7
Shell Layer- Upper Body			Qty	Own	Buy	Rent
Soft Shell Jacket (opt.)	This is a thin, light, stretchy, breathable but wind and snowresistant layer is a perfect outer layer. Hoods are optional but highly recommended. This jacket should be trim fitting, but large enough to fit over your wicking (base) and insulating (second) layer.	Schoeller, Powerstretch, Powerdry, or similar 	1			N/A
Shell / Rain Jacket	Waterproof/breathable; this lightweight yet durable shell should have large pit-zips and be extremely lightweight and packable. This shell should be sized to comfortably fit over your base, second and mid-layers (minus your insulating layer). Simple is best. Avoid extra pockets but have a good sized hood.	Goretex, eVent, h2No, or similar 	1			\$7

Extra Layer- Head & Hands			Qty	Own	Buy	Rent
Warm Hat	A warm hat for use anytime the temperature drops. A warm hat is critical for maintaining proper warmth in the backcountry whether in camp, on the trail or sleeping at night. Make sure it is comfortable and durable. It will get lots of use.	fleece, wool, windstopper 	1			N/A
"Buff"/Balaclava (optional)	"Buffs" are a multifunctional neck gaiter that can substitute for a lightweight balaclava and wonderful on a windy day.	Synthetic 	1			N/A
Sun Hat	Baseball cap or visor.	nylon or similar 	1			N/A
Insulating Gloves	Mid-weight, dexterous and comfortable. These should work solo on dry days or combined with shell gloves on snowy days for extended warmth.	softshell, windstopper fleece, or similar 	1			N/A
Footwear			Qty	Own	Buy	Rent
Camp Shoes	Camp shoes should be comfortable, durable and light weight. Old Tennis Shoes, Hiking Boots, or anything with a good sole will do. Tevas, Keens or Chacos work okay, but may be cold this time of year. NO CROCS.		1			N/A
Paddling Gear			Qty	Own	Buy	Rent
Paddling Jacket- Dry Top or Splash Top	Waterproof layer with neoprene or latex cuffs at Neck and wrists. Must be able to fit over your insulating layers.		1			\$7
Personal Floatation Device (PFD)	Provided by Baylor and included in course cost. However, if you would like to bring yours you are welcome to provided it is in good and safe condition.		1			Included
Pogies/Neoprene Gloves	Nylon or Neoprene gloves/pogies that allow you to grip your paddle and keep your hands warm.		1			N/A
River Shoes	Closed Toed Neoprene booties or river shoes. Example: Chota, Teva Sling King, NRS Attack etc... Must have a sole, not just neoprene socks.		1			N/A
Neoprene Socks	These will help keep your feet warm in frigid water. Can be used in conjunction with your camp shoes or river shoes. Seal Skins and NRS make good ones.		1			N/A

Swimsuit	Bring one that will stay on with the removal of wetsuits or drysuits.		1			N/A
Wetsuit	These will help keep your body warm as we paddle down the river and help to prevent hypothermia in the event of a capsized. Farmer Johns are recommended as ones with full sleeves can tend to chafe on your underarm when paddling.		1			N/A
Drysuit (optional)	A drysuit will keep you warmer and dryer than a wetsuit, but are more expensive and not quite as durable especially in the desert environment where everything has thorns. Kokatat and NRS make excellent ones.		1			N/A
Large Bills Bag (Dry Bag) <u>Optional, but Highly Recommended</u>	A large waterproof storage bag to hold your personal belongings- clothes, sleeping bag, sleeping pad, etc. 110 Liter capacity minimum and with shoulder straps. Baylor has smaller dry bags available for use.		1			N/A
Sleeping Gear			Qty	Own	Buy	Rent
Closed Cell Foam Insulation Pad	A basic closed cell foam pad will be used for added insulation on cold thorn covered ground.		1			\$3
Inflatable Sleeping Pad	A lightweight inflatable pad. Bring a patch kit for inflatable pads. Newer insulated inflatable pads may be used in place of the two pad system.		1			N/A
Sleeping Bag	Minimum rating of 5°F. Down is lighter but requires more care to keep dry than synthetic and bulk, but more expensive and it requires more care to keep dry. We do not recommend a Gore-tex shell down bag as these tend to trap too much moisture.	Down, Primaloft, Polarguard 3D 	1			\$10
Sleeping Bag Liner (optional)	Used for added warmth and comfort inside your sleeping bag.	silk, fleece, synthetic 	1			N/A
Sleeping Bag Compression Sack	Used to shrink your sleeping bag into the smallest size possible for packing into a backpack.	SilNylon, eVent, or similar 	1			w/ rental

Eating/Drinking Utensils		Qty	Own	Buy	Rent	
Eating Bowl	A lightweight Tupperware-type bowl is acceptable. The GSI Fairshare Mug is awesome for those so inclined. Try some closed cell foam and duct tape for added insulation!		1			
Drinking Mug	A 16-20oz insulated mug with a lid is ideal for hot drinks during class sessions, at meal time and just before bed.		1			
Pocket Knife / Leatherman	A small pocket knife or multi-tool supports the main tasks of cooking and gear repair.		1			
Spoon	Lexan or metal soup spoon. Large spoons are best on hungry evenings.		1			
Pot Scrapper (Recommended)	The GSI compact pot scapper is a wonderful addition to reduce cleanup and promoting Leave No Trace.		1			
Water Bottles	3 liters of water capacity minimum. Solid 32oz water bottle, such as a Nalgene, are required. Hydration bladders are not recommended for late season due to freezing of drink tubes.		3			
Water Bottles Parkas (Recommended)	These insulating jackets are for your water bottles to help prevent freezing overnight.		1			
Misc Equipment		Qty	Own	Buy	Rent	
Camp Chair	A camp chair is required. It is essential for class time on the course. Separate chair or combination sleeping pad/chairs are acceptable.		1			
Emergency Whistle	An emergency distress whistle is required for each person on the course.		1			
Bandanas	An adventurers best simple accessory.	cotton 	2			
Sunglasses	Choose a model with 100% UVA/UVB protection. Note: Those using contact lenses should also bring a pair of prescription glasses in the event that your contacts or solutions are lost or damaged by freezing.		1			

Watch	Basic wrist watch with alarm is required for each person on the course.		1			
Journal & Pen	Compact journal for personal and course work is required. Two pens are recommended or pencil backup.	Rite-in-the-Rain or similar 	1			
Compactor Bag	Two or three large compactor bags. These work well for backcountry whiteboards for lessons, pack-liners, and separating wet clothes.		3			
Personal Supplies			Qty	Own	Buy	Rent
Personal Medical Kit	Treatment for sunburn, blisters, cuts, scrapes, etc. Please include duct tape, moleskin, bandaids, blister care supplies, and personal prescriptions at a minimum. <u>We will have Expedition First Aid Kit on two Canoes as well.</u>		1			
Sun Block	With a Sun Protection Factor (SPF) of at least 30. For the fair skinned, the higher the SPF the better. A couple of small containers are better than one large one.		1			
Lip Balm	Zinc oxide works well (available in pharmacies) as does some models of "chapstick" that have SPF15 or higher.		2			
Personal Toiletries	Toothbrush, toothpaste, floss, Dr. Bronner's soap, finger nail clippers, travel size hand lotion		1			
Hand Sanitizer	Require for use before meals and after restroom visits. Critical for health of group. Resommend small travel size.		1			
Toilet Paper	Half roll of toilet paper is optional but requires a large zip-lock bag duct taped for reinforcement to carry out waste paper.		1			
Personal Wag Bags or RestStop 2	The NPS requires that all solid human waste be packed out in a Groover or Wag Bag type system. <u>Have at least 1 per field day = 5 minimum.</u> Restop 2 can be reused, Wag Bags are 1 time only. Know your schedule.		5+			

Handi Wipes/Baby Wipes	For personal hygiene and general use. Recommend one per day.		1			
Foot Powder	A very small bottle will allow you to treat your feet daily, keep them dryer, extend the life of your socks, and help you avoid blisters/rashes from chronic wet feet.	Gold Bond, Dr. Scholls 	1			
Lighter	A regular BIC lighter works fine. Or get a striker.		2			
Personal Documents	Passport is Required , Photo ID, Medical Insurance Card, Emergency Cash, Visa		1			
Misc Extras (optional items, but recommended)			Qty	Own	Buy	Rent
Insect Repellent			1			
Day Pack	Optional but highly liked by many. This will be very useful on day hikes/exploration days.		1			
Flannel or Fleece PJ Pants	For a cozy nights sleep inside your bag. Optional, but a "nice to have trick" by some adventurers.		1			
Ear Plugs	Defense against snoring tent mates and high winds in the area.		1			
Camera	Recommend small point and shoot cameras that can easily be carried in an outside pocket or small case outside your pack. Note: If bringing a digital camera, consider your battery needs.		1			
Waterproof Camera Case			1			
Snacks	CLIF Bars, PowerBars, etc... Which ever you like best to give you a little extra energy and be your comfort food on a long trip.					