



## Maine Medical Center-Tufts Wilderness Medicine Elective

### ***MMC Wilderness Medicine Elective Individual Equipment List***

Significant equipment and gear are needed for the elective to stay warm, dry and safe. As you will learn during the WME, in order to take good care of our patients and our team in austere wilderness environments, we all need to stay warm, hydrated and protected from the elements.

Below is a packing list for the three WME evolutions. There is a lot of gear listed. Our goal is not for you to spend tons of money, rather we hope that you can borrow, rent and adapt much of your current equipment. Please let us know if you have any questions. The order of the evolutions this year is: Desert, River, Alpine.

#### **Alpine Evolution**

Prepare for average high temperatures in the 40s but lows potentially reaching 0°F. Substantial snowstorms are also a possibility. Remember, cotton kills always, but especially in this environment.

- Backpack (at least 5000-6000 cubic inch capacity)
- Sleeping bag rated to 0°F or lower. (Consider also a sleeping bag liner to add warmth, these go inside your bag and may add up to 25°F)
- Full length sleeping pad (consider two pads for extra warmth - e.g. one Thermarest, one ultralight ensolite pad, or single pad if R value is 5+)
- 2 pairs of long underwear, tops and bottoms (polypro or wool recommended and *no cotton*) - baselayer
- 2 mid-layer, insulating tops - fleece, wool or puffy. They should be able to layer on top of each other.
- 1 pair fleece or other insulating pants
- 1 down or Primaloft jacket – we recommended a very thick puffy for cold evenings and nights. Go big!
- Outer shell or rain jacket (waterproof/breathable) – (ie – Goretex®, Conduit®, but there are many out there, like your ski jacket)
- Mountaineering pants or snow/ski pants
- 3 pairs heavy wool or synthetic socks (no cotton) - keep one dry for sleeping
- 3 synthetic or silk sock liners (no cotton)
- 3 pairs underwear (+/- sports bras), check the label that they aren't cotton.
- Warm winter hat
- Balaclava, Buff, or neck warmer
- Gloves/mittens - recommend either two pairs or 1 overmit with two liners. If your hands get cold, get warm mittens
- Sunglasses - preferably wrap-around sunglasses style. Make sure to have high UV protection.
- baseball hat or visor
- gaiters that will fit over mountaineering boots
- insulated boots (plastic or mountaineering boots) - ask an instructor if you have any questions. – These can be rented at REI in SLC. We will be making at least one trip to REI before and after the alpine section.
- Snow Shoes - These can be rented at REI in SLC.
- Mountaineering* ice axe - These can be rented at REI in SLC.
- one prusik sling (a 4-5 ft loop of accessory cord that is 5mm to 7mm perlon)
- 15-foot piece of tubular webbing
- 1 locking carabineer
- sunblock/chapstick
- compass – with square base-plate (an orienteering compass)
- whistle
- bowl/plate/mug
- fork/knife/spoon



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- travel mug or thermos for hot drinks
- flashlight/headlamp & spare batteries
- personal hygiene
- personal medications
- water bottles (recommend widemouth Nalgene bottles to prevent freezing – need 4L total) – be wary of hydration systems (ie Camel-Backs) in the Alpine section as they may freeze
- 2 large trash bags to line backpack
- 2 extra medium-sized stuff sacks
- day pack or hip pack (may be part of your backpack)

### **Optional**

- camp shoes –e.g. down or Primaloft Booties - it is very nice to get out of the boots at the end of the day
- hiking poles - very helpful with snowshoes and heavy packs
- compression sacks
- camp chair
- rain backpack cover
- camera
- personal first aid kit
- 1 synthetic T-shirt (depending on weather)
- alarm clock or watch
- lantern
- avalanche rescue beacon/probes/Shovel (if you have them)
- binoculars
- moleskin
- spare eyeglasses
- book
- hand and foot warmers - these are nice for very cold nights
- The elective will provide tents for all participants, but if you have four-season tent and would like to bring it, please let us know. Make sure the tent you have has a ground cloth or foot print.

Some of the equipment can be rented in Salt Lake City such as snowshoes, mountaineering axes, and plastic mountaineering boots. We have traditionally used the SLC REI as our rental agency. In addition, some gear can be bought at REI and at International Mountain Equipment (IME) in Salt Lake during the prep days.

### **River/Whitewater Evolution**

Prepare for average high temperatures in the 60-70s's and lows in the 40's (it has been chilly the past few years). Wind and rain are common, but generally storms pass quickly. One large dry bag provided for most gear as well as one small dry bag for items needed during the day will be provided by the rafting company for each participant. Please limit weight to 35lbs. PFD's will be supplied. Cotton kills on the river -- wear synthetic or wool when possible.

- sleeping bag
- sleeping pad
- small ground cloth for sleeping under the stars or under tarp
- water shoes - Tevas/Chacos, aqua socks/5-fingers, neoprene booties, or old sneakers. Your feet will get wet. If your feet get cold easily, consider neoprene booties that be worn under a water shoe
- sneakers, light hiking boots or trekking shoes
- 1 pair long underwear - top and bottom
- 1mid-layer for insulation - fleece, wool, light puffy
- 1 thick fleece or insulated jacket



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- Rain jacket or poncho and rain pants
  - 1-2 synthetic T-shirts (long-sleeved and/or short-sleeved)
  - 3 pair underwear
  - 2-3 pair synthetic socks
  - shorts, swimsuit
  - warm hat
  - gloves, mittens or liners
  - baseball hat or visor
  - sunglasses
  - sunblock/chapstick
  - bandana
  - flashlight/headlamp & spare batteries
  - insect repellent
  - water bottle - 1L
  - day or hip pack
- The rafting company will be providing plates and utensils for this section.

### **Optional**

- neoprene gloves - your hands will get wet, consider these if your hands get cold
- paddling jacket
- soap (must be environmentally friendly, biodegradable), towel
- sunglasses leash
- whistle for lifejacket
- splash shirt
- book
- camera
- personal first aid kit
- alarm clock or watch
- lantern
- binoculars
- moleskin
- spare eyeglasses
- three-season tent – many participants opt to sleep on ground cloths during the river and desert section. But we must bring tents as a backup. It is great if you can bring your own tent. Please be prepared to share with other team members. Please contact if you have questions about tents.

### **Desert Evolution**

Prepare for high temperatures in the 70's and lows in the 30's. Expect intense sun and very few water sources. In general, strive for loose fitting clothes that are light in color. Some hikers prefer natural fibers such as cotton or wool, most use synthetics like polypro.

- backpack (may use same large pack as used for alpine evolution)
- sleeping bag
- sleeping pad
- small ground cloth for sleeping under the stars or under tarp
- lightweight hiking boots/trekking shoes
- 1 long underwear top and bottom
- 1-2 T-shirts
- 1 light-colored long-sleeve shirt
- 1 insulation layer – fleece, wool or light puffy jacket
- 1 lightweight, light-colored long pants



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- rain jacket/poncho and rain pants
- 1-2 pairs shorts
- 2-3 pairs good hiking socks
- 3 sets underwear
- light mittens or gloves
- winter hat
- brimmed hat or cap
- bandana
- water bottles - **be able to carry 6 liters** – consider use of hydration bag or MSR dromedary in addition to bottles
- sunblock/chapstick
- compass – again, a compass with square base-plate or orienteering compass
- whistle
- bowl/plate
- mug
- fork/knife/spoon
- signaling device (such as mirror, beacon light, etc)
- flashlight/headlamp & spare batteries
- personal hygiene/toilet paper
- personal medications
- 2 trash bags for lining backpack
- 2 extra medium-sized stuff sacks
- daypack or hip pack (may be part of your backpack)

### Optional

- camp shoes – e.g.– sneakers, Tevas/Chacos/Crocs
- firestarter/matches
- hiking poles
- camp chair
- 2-3 pair liner socks (prevents blisters)
- compression sacks
- rain backpack cover
- camera
- GPS
- personal first aid kit
- alarm clock or watch
- lantern
- binoculars
- moleskin
- spare eyeglasses
- book
- three-season tent – many participants opt to sleep on ground cloths during the river and desert section. But we must bring tents as a backup. It is great if you can bring your own tent. Please be prepared to share with other team members. Please contact if you have questions about tents.



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### ***Group Equipment List***

*We will be providing much of the group gear, including four-season tents, stoves, water filters, cooking utensils, sleds and group food. There is some group gear that it is helpful if you can bring. If you have any of the equipment below and would like to bring it, please contact the instructors BEFORE the elective starts to inquire if it is needed.*

- three-season tent (with ground cloth) more of these are very helpful
- avalanche beacons - again very helpful
- four-season tent (with ground cloth)
- avalanche snow shovels
- snow sleds for hauling gear
- avalanche probes