
INSTRUCTOR TRAINING EQUIPMENT LIST

The Equipment List that follows includes all the personal items you would normally need on a course. All gear on this list is not required, but will give you a good idea of what to pack for your Instructor Training. Most of these items, you probably already own and the remainder can be obtained locally at minimal cost. Making wise choices on gear is important to every wilderness expedition, so if you have any questions, please call our main office to speak with an I.T. Instructor. Rites of passage can sell you most of the items listed below, however it is recommended you have your own set of equipment prior to the I.T. and your first course.

UPPER BODY LAYERS

Layering your clothing is important in the coastal environment. By combining different garments, you will achieve optimum insulation and protection from wind, rain and snow. It is best to use either synthetic or wool fibers, which will insulate when wet. We avoid cotton, which gives poor insulation when wet. Field Instructors will commonly use 3 insulating layers and an optional vest.

Equipment Quantity Comments Checklist

Base Layer Top 1
Mid-weight underwear top made of polypro or wool
Mid Layer Top 1
Fleece pullover, expedition weight polypro or wool sweater
Top Layer 1
Heavyweight fleece or synthetic fill jacket
Wind Shirt 1
Lightweight, breathable wind shell
Foul Weather Jacket 1
Waterproof rain jacket with a hood. Coated nylon, PVC or Gore-Tex.
T-Shirt 2
Cotton or lightweight Capilene long-sleeve T-shirt.

LOWER BODY LAYERS

You will want to bring 1-2 synthetic insulating layers. These layers must fit comfortably over each other so that they can be worn at the same time. If you get cold easily, add a mid layer to the under layer.

Equipment Quantity Comments Checklist

Base Layer Bottom 1
Mid-weight underwear bottom made of polypro or wool
Mid Layer Bottom 1
Expedition-weight bottoms that fit over the base layer
Fleece Pants 1
Polartec or equivalent with size zippers to make it easier to put pants on over hiking boots.
Wind Pants (Optional) 1
Nylon shell pants. Should fit comfortably over all under layers.
Foul Weather Pants/Bibs 1
Waterproof rain pants. Coated nylon, PVC or Gore-Tex. Required.
Nylon Pants 1
Cargo / hiking pant style. No zipoff style pants.
Briefs / Sports Bras 5
Use what's comfortable to you. Cotton, silk or synthetic underwear are all acceptable.

HEAD & HAND LAYERS

Equipment Quantity Comments Checklist

Baseball Cap or Wide Brim Hat

Sun protection while hiking

Wool or Fleece Hat

1 Warm hat made of wool or fleece for cold nights and mornings.

Gloves 1 Fleece or wool gloves.

Leather Gloves 1

Good quality leather gloves for using with a knife and going up and down headland trail ropes and ladders. Must bring.

PACKS & BAGS

Equipment Quantity Comments Checklist

Backpack 1

Packs must be expedition style with a volume of 6000 – 7000 cubic inches.

Medium Size Duffel Bag or Dry Bag

Small Stuff Sacks 2 – 3 Small nylon or mesh stuff sacks to organize gear in your pack

Day Pack 1

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SHELTER

Equipment Quantity Comments Checklist

1-Person Tent 1

Good quality 1-person tent with vestibule (3-season).

Bivouac Sack 1 A bivy sack increases the temperature rating of your sleeping bag and keeps your sleeping bag clean and dry. Not a required piece of equipment, but nice to have.

SLEEPING BAG & PAD

Equipment Quantity Comments Checklist

Sleeping Bag 1

Synthetic-filled bags will perform best in the moist coastal conditions. Fill rated from 0 to 10 degrees will be most comfortable.

Compression Sack 1

Heavy duty compression stuff sack for your sleeping bag.

Sleeping Pad 1

Sleeping pad should be closedcell foam and be long enough and comfortable as well as insulating from the ground.

MISCELLANEOUS ITEMS

Equipment Quantity Comments Checklist

Insulated Mug 1

12 - 20 oz. insulated mug will keep your hot drinks...hot.

Cinsa Camping Cup 1

Cinsa enamel coated camping cup (16 oz.).

Spoon 1

Lexan spoons are lightweight and durable.

Water Bottles 2

Wide-mouth 32 oz. Nalgene water bottles.

Rain Jacket 1

Waterproof rain jacket with a hood Coated nylon or Gore-Tex.

Lip Balm 1

Tube type moisturizing balm with sun protection factor 15 or greater.

Sunscreen 1

Small tube with SPF 15 or greater.

Bandanas 2 - 3

Great to have when you need them.

Head-Lamp 1

Small and lightweight. Bring extra batteries.

Disposable Lighters 2 For lighting the camp stove.

Toiletries 1

Toothbrush, toothpaste, comb, brush, skin lotion, tampons. Must Bring.

Watch 1

Watch with an alarm you can hear.

Sunglasses 1

Any good quality sunglasses with 100% UV protection.

Small Knife 1

A simple Swiss Army knife will be sufficient.

Medium-Size Fixed Blade Knife For hammer chopping kindling, traps and vegetables.

Trash Compactor Bags 4-5

Trash compactor bags to help waterproof your gear (white).

FOOTWEAR

Equipment Quantity Comments Checklist

Boots 1

Mid-weight hiking boot or cross trainer with ankle support.

Camp Shoes / Wet Shoes 1 Crocs work the best.

Wool Socks 2 Heavy wool or synthetic blend.

Liner socks 2

For use with wool socks to prevent blisters.

T-Shirt 2

Cotton or lightweight Capilene long-sleeve T-shirt.

OPTIONAL ITEMS

Equipment Quantity Comments Checklist

Binoculars 1 Small travel size.

Prescription Glasses / Contact Lenses

Book 1 Small paperback reading book.

Camera 1 Lightweight, 35 mm camera will be sufficient.

Prescription Medication 15 Minimum 15-day supply.

GROUP EQUIPMENT

All items listed below will be provided by Rites of passage and shared among all expedition members. This equipment is also provided during regular courses.

- Provisions (during the expeditions only)
- Camp Stoves, Fuel and Fuel Bottles
- Bear Resistant Food Canisters
- Trowels and Shovel
- Maps and Navigation Equipment
- Books
- First Aid Kit
- Life Jacket

ADDITIONAL NOTES

Foul Weather Gear

Foul weather gear is an essential part of packing for a course. Simple, brightly-colored waterproof jacket and pants of polyvinyl chloride (PVC) is sufficient. Jacket must have a hood. We find that rugged gear used by commercial fishermen to work best in the coastal environment.

Wet Shoes

Your wet shoes are one of the most important pieces of gear you will use during Odyssey courses. It is imperative you choose an appropriate wet shoe to minimize the chance of foot injuries. Appropriate wet shoes must have a stiff or dense sole to prevent punctures, have closed toes to protect your toes and have ankle cuffs to protect the ankle.

The following list outlines what wet shoes are acceptable and what are not:

- Any sturdy old pair of sneakers will accomplish the wet shoe requirement.

Recommended Wet Shoes

Crocs (with ankle strap)

NRS ATB Wet Shoe

Keen Newport H2 Sandals

Five Ten Water Tennie

Unacceptable Wet Shoes

Reef walker shoes

Dive Booties

Aqua socks

Teva Sandals

4-BAG PACKING SYSTEM

Rites of Passage uses a combination of a backpack, duffel, compression stuff sack and day bag to pack for the I.T.

COASTAL HIKING

- Backpack should be between 6000 – 7000 cubic inches.
- Internal frame backpacks will be the most comfortable on coastal terrain.
- Even though the hiking section of the I.T. is less than half the time of a regular Coastal Hiking course, you will want to pack just like you would on a regular course. This will help you to figure out what gear works best for you, what you want to leave out and how to pack the essentials for a 14-day backpacking trip.
- Pack rain covers are nice to have on the coast, though a plastic trash bag works just as well.

SAILING

- For Longboat Sailing courses, you will pack a 9” X 18” duffel bag lined with a plastic trash bag. This will be your “backpack” on the boat. A dry bag of similar dimension will work if it is in good condition and doesn’t have too many straps.
- We suggest the duffels made by Outdoor Products, as they are made of highly abrasive resistant fabric.

COMPRESSION STUFF SACK

- This will be used to compress your sleeping bag and bivy sack to make them easier to pack on the longboat.
- We suggest either the Sea To Summit eVent Compression Dry Sack or a Granite Gear Round Rock Solid lined with a plastic trash bag.

DAY PACK

- A one zip bag 9” X 18” or a medium-sized, simple daypack with a volume of about 1300 –1500 cubic inches.
- This will be your day pack on the boat and will carry daily accessories and first aid supplies. It will also serve double-duty on short day hikes