

Aspiro Required Gear List

- **Backpacking pack** – Most of our guides carry between a 60 – 90L pack for their week on trail. You are welcome to carry what it is you feel comfortable backpacking for 6 days with.
- **Day pack** – Many of our guides carry a day pack with them for activities such as mountain biking, rock climbing, and skiing where they will be leaving their main set up at camp during the day and returning in the evening. Most of our guides carry between a 30 – 45L daypack due to the large number of items needed for day excursions.

Sleeping System

- **Sleeping bag** (20 – 30 degree bag is recommended for summer, 0 to -40 bag recommended for winter)
- **Sleeping pad** (foam or inflatable are both acceptable)
- **Tarp** (We recommend an 8X10 or 10X12 tarp with reinforced grommets, can be purchased at local hardware store)
- **Bivy Sac** (This is optional, but many of our guides find it useful.)

Note: As a participant on a tryout and as guide moving forward with Aspiro, you and your group will be constructing group shelters out of tarp and cordage. Tents are prohibited from coming on trial.

Clothing

(With all clothing for both males and females please dress for “outdoor professional”)

- Rain layers
- Puffy Jacket
- Fleece Layer
- Hiking pants/shorts
- Hiking shirt. Short or long sleeves. Please no tank tops
- Bandana or Buff
- 3 pairs of hiking socks.
- 1 pair of shoes/boots (must be closed toe shoes)
- Sunhat
- Sunglasses

Note: This is a list of recommended clothing for your typical three seasons itinerary in UT. If you feel the need to bring more (or less) clothing, please do. When dressing for trail be prepared for anything you take on trail to get destroyed, clothing included. Also remember that with clothing you might be dealing with sexually reactive students to either gender. We are shooting for

outdoor professional! No tank tops, yoga pants or booty shorts. The one thing that is absolutely required is that you have close-toed shoes

Cooking

- Cooking pot & utensils (Aspiro will provide food identical to what guides and students receive for a week on trail)
- Backpacking stove (stove must run on iso-butane/propane, we do not allow white gas stoves in the field, Aspiro will provide all fuel for the week)
- Lighter or flint and steel
- Plastic butter-knife for cutting vegetables
- The ability to carry 4-8L of water with water bottles or bladders
- Food bag (stuff sack or dry bag to store food at night, most of our guides use between a 20-30L stuff sack).

Miscellaneous

- Headlamp
- Notebook/Journal & Pen
- Cordage
- Toothbrush & toiletries (Aspiro will provide all toothpaste, soap, hand sanitizer, sunscreen, lotion, wet wipes, toilet paper, bug spray and feminine hygiene products but you are welcome to bring your own)
- Compass

Optional Items

- Climbing Helmet
- Climbing Harness
- Personal Anchor System
- ATC w/locking carabineer
- Sharps (all knives or multi-tools need to be secured on your person at all times clipped in a pocket or on a lanyard around your neck, blades can not exceed 3 inches.)
- First Aid and over-the-counter-medication (Aspiro will provide all necessary first aid and over the counter medication materials, however, you are welcome to bring your own.
- Inspirational quotes and materials to share in the group
- Items and ideas for group games.
- Slackline
- Frisbee