

GEAR LIST


This is a list of the individual equipment you need for your course.







Remember as you pack:







- This list is extensive by design. Weather in our course areas is extremely variable so it is possible that not all items will be used. However, an otherwise well-planned outdoor program can suffer from participants having inadequate clothing and equipment, or unnecessary items not listed below.
- The outdoors can be unpredictable. It may be sunny one minute and windy/rainy the next. Consider the possibility of needing to wear all of your types of clothing at the same time: underwear, thermal underwear, shirt, fleece, warm jacket, rain jacket. Plan your clothing as part of a layer and be prepared to “layer up.”
- Wool and fleece hold their thermal properties better when wet than cotton. Avoid cotton layers. Jeans and other cotton items may be appropriate for some trips but should not be packed as replacements for the layering system outlined below.
- If you don’t have gear, many shops rent and sell items on this list. We recommend the following retail stores for equipment purchase or rental: REI, SierraTradingPost.com offers reasonably priced mail-order camping equipment.

Why not cotton? Cotton fabrics soak up body perspiration and hold it next to the skin. Once cotton gets wet, it stays wet and can chill the wearer. Synthetic fabrics—for example, polypropylene and polyester fabrics—wick moisture away from the skin, keeping the wearer warmer and dryer. Inquire at your local outdoor retailer for further details or email guardianmedicines@gmail.com for more information.


Guardian Equipment List : *all items are required unless otherwise noted*

	Quantity	Item	Description	Example
○	1	BACKPACK 45L+ SIZE	<p>This is essential for our expedition. You will arrive, travel and live out of this backpack for the whole expedition.</p> <p>We recommend an internal frame backpack with at least 65 Liter capacity. Make sure this is fitted correctly, use link below to help with fitting recommendations + sales. https://outdoorblueprint.com/outfit/backpacks/</p> <p>Here is an example: Osprey 65</p>	

			You can get fitted for a pack at your local sporting good store. Make sure you remember the brand and size and put weight in your pack when fitting.	
○	1	Daypack	<p>This is used for small hikes and day adventures where we do not need to carry everything with us. This can easily stuff into our large backpack.</p> <p>We recommend the REI Flash 18L. More info on day packs, use link. https://outdoorblueprint.com/outfit/backpacks/</p> <p>Here is an example: REI Flash 18L</p>	
○	2	Stuff Sack/Travel Organizers	<p>A small bag or rectangular sack that will be used to organize clothing/food and important items needed at different times during the trip.</p> <p>Stuff Sack Travel Organizers</p>	
○	1	Headlamp	<p>Bring extra batteries in a Ziploc bag.</p> <p>Here is an example: Black Diamond Jota</p>	
○	2	1-Liter water bottle	<p>High-quality hard plastic bottles that will not leak or rupture.</p> <p>Here is an example: Nalgene Bottle</p>	
○	2	Pencils/pens/small journal	<p>For journaling or other activities.</p> <p>Here is an example: Rite in the Rain Two pencils, one pen</p>	
○	1	Hiking Boots	<p>Sturdy and comfortable hiking boots that support the ankle. The brand does not matter. Must be broken in! Spend at least a week walking around in them. While water resistant would be nice, it is not necessary.</p> <p>Here is an example (women): Salomon Men: Merrel</p>	

⦿	3-4	Socks	<p>Synthetic or wool blend. One warmer pair for nighttime warmth is recommended.</p> <p>We like Darn Tough because of durability and they have a lifetime warranty.</p> <p>Here is an example: Darn Tough</p>	
⦿	1	Camp Shoes	<p>Sturdy, lightweight and comfortable. Must be closed-toe.</p> <p>We like Crocs because of their ability to cross rivers, durability, and backstrap.</p> <p>Here is an example: Crocs</p>	
⦿	2-3	T-Shirts (long sleeve)	<p>Synthetic t-shirt long sleeve.</p> <p>Here is an example: Long Sleeve T-shirt</p>	
⦿	2	Sun Hoody	<p>Synthetic Long Sleeve Sun shirt with hood.</p> <p>Here is an example: Sun Hoody</p>	
⦿	1	Warmer jacket	<p>For night time warmth, synthetic warm jackets work great. A heavy fleece also works.</p> <p>Here is an example: R1 Fleece</p> <p>Here is an example: Capilene Fleece</p>	
⦿	1-4 pairs	Underwear	<p>Synthetic is great for daytime activity in tropical environments.</p> <p>Here is an example: Underwear</p>	
⦿	1	Rain Gear	<p>Lightweight rain gear for some days of jungle precipitation.</p> <p>Here is an example: Rain Jacket + Rain Pants</p>	
⦿	2	Hiking Pants	<p>Comfortable, loose fitting, lightweight, Zip-offs double as shorts. Jeans are not recommended.</p> <p>Here is an example: Pants</p>	

○	1	Comfortable Pants	Any pants that are comfortable and you like spending time in.	
○	1	Shorts	Quick-drying material, not cotton/denim for swimming.	
○	1	Sun Hat	Protection from sun, Baseball cap or broad-brimmed hat	
○	1	Bathing Suit	Anything you want to use for the beach	
○	1	Sunglasses	UV rated for protection from sun	
○	1	Synthetic Towel	Pack towel synthetic and for use in shower. Dries fast. NO COTTON Here is an example: Towel	
○	2	Bandanas	Cotton Ok. Used for Personal Hygiene and outdoor urination.	
○	1	Toothbrush/ Toothpaste	Small travel size	
○	1	Lip balm	Essential for protection from sun/wind	
○	1	Sunscreen	SPF 30 or higher. No aerosol.	
○	1	Bug Spray	Mosquito Spray, natural or deet	
○	1	Menstrual Products	Please bring menstrual products for a heavy cycle. Plan for the unexpected.	
○		Essential Prescription Medications	All meds collected at “Gear Check”. Labeled properly (see below for details) At least two epi-pens or inhalers if you have an allergy that requires administration of an epi.	
○	1	Camera	This could be a cellphone, DSLR or point-and-shoot camera. We suggest waterproof/resistant protection.	
○	1	Sleeping Bag	A synthetic summer bag should be fine. Expect warm temperatures with some colder temperatures at night. A 40 degree bag should be fine. Please refrain from brands like Coleman or “large volume” bags that will take all the space in the	

			backpack. Here is an example: Sleeping Bag	
⊙	1	Travel Sheet	This is a synthetic sleeping sheet that will be useful when we are traveling on the Lost City trek to provide extra warmth and cleanliness. Here is an example: Insect Liner	
⊙	1	Backpacking Pad	A pad that insulates you from the ground and provides cushion while sleeping. Must be lightweight. There are inflatable or foam versions. Foam does not pop, lightweight, and can be used for a chair/yoga mat etc. An inflatable one is way more comfortable for sleeping but can pop and should not be used for anything other than sleeping. Here is an example: Foam pad Inflatable Pad	
⊙		Clean Change of Clothes	Optional: Airport arrival or departure clothes for comfort. We will store these clothes in a secure spot in Santa Marta before departure on day 2.	
⊙	<u>1</u>	Cell Phone	We have satellite communication devices in case of emergency and have in-country cell phones to facilitate communication. You can bring a cell phone for use of WIFI during some parts of the trip. <i>Realize that service and WIFI will be very limited during the majority of the expedition.</i>	

Additional Notes

Individuals are expected to pack their bags themselves so they are aware of the contents of their bag. It is extremely difficult to find these items once abroad, please take the time to adequately PLAN AHEAD and PREPARE.

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Packing extra items that are not on this list will make your bag heavy and unwieldy. Tent space is finite, so often less is more! Please follow the packing list and don't succumb to the tendency to overpack.

If you have any questions about this list please contact Guardian at guardianmedicines@gmail.com or at +17753012378

Labeling Prescription Medications

1. All medications should be checked with Guardian staff at the trips "Gear-Check" day 1.
 2. Each participant that requires medication should have this listed on their Medical Information and Release for Treatment form.
 3. Each participant's medication should be in an individual plastic bag.
 4. The plastic bag should contain the necessary medication and a specific description of distribution and administration. Including the following:
 - Participant Name
 - Name of medication
 - Dosage
 - Time(s) of administration
 - Specific instructions (ie. Does the individual need to take with a meal)
 - Specific storage instructions (ie. Does the medication need to be kept at a specific temperature)
 - List any side effects
 - Emergency contact name and number
 - Participant's doctor contact name and number
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Do I Need Vaccines for Colombia?

Yes, some vaccines are recommended or required for Colombia. The CDC and WHO recommend the following vaccinations for Colombia: hepatitis A, hepatitis B, typhoid, yellow fever, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia and influenza.

See the tables below for more information:

Recommended Travel Vaccinations for Colombia

VACCINE	HOW DISEASE SPREADS	DETAILS
Hepatitis A	Food & Water	Recommended for most travelers
Hepatitis B	Blood & Body Fluids	Accelerated schedule available
Typhoid	Food & Water	Shot lasts 2 years. Oral vaccine lasts 5 years, must be able to swallow pills. Oral doses must be kept in refrigerator.
Yellow Fever	Mosquito	Required if traveling from a region with yellow fever including Brazil. Not usually recommended for travelers to Barranquilla, Cali, Catagena, Medellin or areas over 7500ft. In elevation.
Rabies	Saliva of Infected Animals	Moderate risk country. Vaccine recommended for certain travelers based on destination, activities and length of stay.

Mosquito-borne diseases are found throughout Colombia’s climates. Be sure to bring repellents to avoid dengue, Zika, malaria and yellow fever. The exact infections in each region vary. Consult with a travel health specialist to learn more.

