

Water in the West Program 2023 (WIWP) item list

These are items that you may want to purchase or otherwise obtain prior to the trip. If you have any questions about the brand or specific details about any of these items don't hesitate to e-mail Dr. Wampler (wamplerp@gvsu.edu) or Dr. Riemersma (riemersp@gvsu.edu).

- Sleep sack (sleeping bag liner; ideally Coolmax or similar synthetic material that is breathable and quick drying)
- Headlamp/Flashlight
- Water filter (optional)
- Compact quick dry towel
- Day pack (you can use a hydration pack, although we do not recommend them for extended use in hot areas)
- 2 Water bottles (stainless steel 1 liter)
- Quick dry clothing (jeans or anything else made of cotton are not recommended)
- Clothes line (paracord)
- Hiking boots (lightweight, waterproof, purchased and broken in at least 30 days prior to the trip)
- Hiking sandals and/or water shoes
- Sun screen (waterproof ≥ 30 spf), both lotion and spray-on
- Sun glasses and extra contact lenses if you wear them.
- Wide-brim quick dry hat
- Waterproof Raincoat
- Fleece or base layers for cold mornings
- Small portable windproof umbrella
- Portable USB charger (at least 10,000 mAh)
- Waterproof phone case
- Small dry bag
- USB cords for electronic devices
- Carabiners (for attaching things to your pack)
- Swimsuit
- Toiletries (toothbrush, deodorant, etc.)
- Medications (at least enough for 30 days)
- Smartphone
- Laptop, tablet, digital camera (optional)
- Lip balm

All items need to fit into 1 personal item (backpack) and 1 carry-on item (fits in an overhead bin on an airplane). In order to facilitate efficient packing all items will need to be contained within, or connected to, these two items.