



MYE Leadership Lab - Equipment List

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Being a participant on the MYE Leadership Lab requires you have clothing and equipment for the outdoor program, 'old' clothes for service projects and also casual comfortable clothing for your down time. We do not expect you to own high tech outdoor clothing or equipment and are happy to lend this to you while you are on the program. There is an equipment list below which will guide you on this. Please keep in mind using your own equipment and clothing, if you have it, is a good choice – you will become comfortable with it and learn its strengths and limitations.

Note

Some of the work you will be doing in your support role may create wear and tear on your clothing. We recommend you bring a set 'old' clothes with you for this work, things that you don't mind getting dirty or splattering a bit of paint on.....

Please also bring any of the equipment you received during any of your previous MYE courses – hiking boots, drink bottles, bandanas, day packs, drinking systems etc

Please note as on your earlier course at MYE you cannot have electronic devices like ipods with you for the duration of the course. If you bring them with you for the journey to MYE, we will ask you to pass them over into our safe keeping when you arrive and return them to you at the end of your course.



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Montana Yellowstone Expeditions Leadership Lab Packing List

In addition to the items mentioned above the following packing list is a good guideline for the minimum equipment/clothing you will need as an LL participant.

Bring to MYE

You must bring these items with you, unless they are listed as being optional.

- Camp shoes** - Lightweight athletic / running shoes.
- Hiking boots** from your first MYE course if you have them and they fit you.
- River shoes** - Any pair of shoes that you don't mind getting wet and permanently dirty. They must have a sturdy sole and attach securely to your foot. Old sneakers, Tevas and Chacos are great; flip-flops don't work for river shoes.
- 2 pairs of cotton socks** - These are for use at Basecamp.
- At least 2 pairs of comfortable pants (with lightweight belt if needed)** - Bring jeans (or your favorite type of pants) and one pair of lightweight pants minimum. For participation on the river program, lightweight, loose cotton pants are best. They will protect you from the sun and bugs without being uncomfortably hot.
- At least 2 pairs of shorts** - Bring shorts you can hike in and casual shorts for around basecamp. Nylon works well for outdoor use, because it is light and dries quickly.
- 5 to 7 pairs of underwear.**
- 4 T-shirts** - You will also receive one complimentary MYE T-shirt.
- 2 casual upper body layers** (e.g. long-sleeve t-shirt, sweatshirt) for travel or Basecamp use.
- Swimsuit.**
- Work shirt** - A light colored, light-weight, long-sleeved shirt is preferable. It will get dirty.
- Extra eyeglasses and/or contact lenses** – If you have contacts or glasses please bring a spare set in case of loss or damage.
- Bath or beach towel** – for swimming and showering.



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- Laundry bag** – Something to keep your dirty clothes separate from clean ones between laundry days.
- Toiletries** - Bring your own if you have a brand you prefer and a brush and/or comb. MYE will provide body wash, shampoo and conditioner.
- Washcloth**
- Watch, with alarm (HIGHLY recommended)**
- Day Pack (HIGHLY recommended)**
- A good book (or two or three) - (optional)***
- Musical instrument - (optional)***
- Camera and Film – (optional)***
- Extra camera batteries - (optional)***

NB We recommend you label all personal clothing and gear with your name.

The following items can be provided for your use while you are at MYE, but if you have them please bring them along, it is much better to use your own gear if you have it.

- Backpack
- Sleeping bag
- Sleeping pad
- Rain jacket & pants
- 3 Insulating upper body layers (vest, pullover, jacket)
- Fleece pants
- Thermal underwear top & bottom
- 3 pairs of wool socks
- 3 pairs of liner socks
- Warm gloves
- Warm hat
- Headlamp
- Gaiters
- Mosquito net, shirt & insect repellent
- Hiking Boots
- Water Bottle