

General Packing List

This is a guide to assist you in your selection of equipment that you will need to personally provide for an Outdoor Adventures Trip. It is by no means limited to the items listed below. For all backcountry trips, please come prepared so your trip leaders can assess your items.

GEAR:

- Backpack [should be between 4000-6000 cubic inches]
- Sleeping Bag [synthetic or down]
- Foam sleeping pad or Thermarest [w/ repair kit]
- Two Water Bottles [lexan Nalgens work best, plastic bottles acceptable]

- Headlamp or small flashlight [plus extra batteries]
- Backpack rain cover [garbage bags acceptable]
- Insulated mug
- Durable bowl and spoon

CLOTHING:

- Hiking boots [light trail runners acceptable]
- Running shoes [or other closed toed camp shoes]
- Wet shoes [ex: crocs, must be closed toed]
- Light weight long underwear top/bottom
- Mid-weight long underwear top/bottom
- Fleece or Wool top
- Bathing Suit
- Waterproof or water resistant top and bottom rain jacket
- Polar fleece or wool bottoms
- Warm, non-cotton hat
- Warm gloves
- Quick drying shorts
- 1 T-shirt
- 2 pair Wool Socks
- 2 pair Liner Socks [optional]
- 2-3 Underwear
- Comfortable clothes for van ride
- Sunglasses
- Bandana, Camera, Journal

TOILETRIES:

- Sunscreen
- Lip Balm
- Feminine Supplies
- Prescription drugs
- Small towel
- Contacts/Glasses
- Toothbrush, toothpaste, floss

DO NOT BRING:

- Open toed shoes/sandals (unless on a water trip)
- Drugs and alcohol, including tobacco products
- Heavy cotton sweatshirts or clothing
- Walkmans, Discmans, mp3 players [can be used during transport]
- Cell phones