**OA Personal Equipment List**

Don’t Over Pack

Along with the items listed below, remember that you will be carrying some group equipment and food. You won’t need any items that are not on the list. Your personal gear should be able to fit in a five-gallon garbage bag.

Be Creative, Improvise, and Borrow!

Before you go out and make a major investment on equipment, make sure you really need the item and that you can get some use out of it after Frosh Trip. **The only items you absolutely *must* have are a pair of shoes/boots for hiking and a raincoat. OA leaders will have group amenities of certain of these items, like group sunscreen, hand sanitizer, and bug spray, so it’s up to you if you want to bring a personal bottle.**

Athletic Shoe or Boot Selection

**You should have some form of athletic shoe (running shoes, trainers, etc.). Street shoes are not appropriate. You are welcome to bring hiking boots if you already have them (but don’t buy them just for this trip). Hikes may be over muddy and rocky terrain.** Hiking boots that extend over the ankle provide increased support on trails and are helpful when hiking on more rugged terrain.

**Waterproof boots are ideal***:* some boots are made with a waterproof liner (such as Gore-Tex), or you can treat the exterior with a waterproofing compound before the trip. Waterproof boots are also useful for wearing around campus during rainy or snowy weather.

**Boot Fitting:** Boots should fit comfortably with two pairs of socks: (1) a light synthetic liner sock and (2) a mid-weight wool sock. Having two sock layers means your socks slide against each other, so that the friction from your boots is absorbed by the sock layers rather than your skin. Friction against the skin is what causes blisters. While wearing two layers of sock, you should have a little extra room at the toe of the boot so that your big toe doesn’t jam against the front of the boot when walking downhill. Test out your boots well before you arrive by starting to walk in them 2-3 weeks before the trip; otherwise your feet will pay the price! Boots that aren’t broken in invariably cause blisters! Wear the same combination of liner sock/wool sock you plan to wear on the trip. This will help the boots conform to your feet and get your feet used to the boots. If you find areas of chafing, you can experiment with different types of socks, or you can apply tape or moleskin to the chafing areas.

## Please check off each item as you assemble your equipment to make sure that you have everything.

## *OA is able to lend these items if requested before July 20.*

\_\_\_\_\_\_\_ **1 daypack (e.g. school book bag)** for use throughout the week

## *You MUST bring the following items. Outdoor Action cannot supply them to you.*

\_\_\_\_\_\_\_ **Bed linens**

**Feet**:

\_\_\_\_\_\_\_ **1 pair of running/athletic shoes or lightweight hiking boots** (see notes above)

\_\_\_\_\_\_\_ **2-3 pair of athletic socks:** For wearing around campus with athletic shoes.

If you are bringing hiking boots:

\_\_\_\_\_\_\_ **1-2 pairs of light synthetic/polypropylene liner socks:** Wearing liner socks underneath wool socks helps to prevent chafing since the friction is between the two pairs of socks, not between the boots and your feet.

\_\_\_\_\_\_\_ **1-2 pairs of medium weight wool hiking socks:** Wool socks keep your feet warm even when wet and give good cushioning. The higher the wool content of the socks the better (we recommend 85% wool, 15% nylon).

**Head:**

\_\_\_\_\_\_\_ 1 brimmed cap (wide-brimmed, baseball, etc.) for sun and rain protection (optional)

**Upper Body:**

\_\_\_\_\_\_\_ T-shirts: 2 synthetic OR 2-3 synthetic/cotton (must be at least 50% synthetic).

\_\_\_\_\_\_\_ 1 long-sleeve shirt: synthetic, athletic warm-up, 50/50 synthetic/cotton blend

\_\_\_\_\_\_\_ 1 synthetic fleece jacket or wool sweater: It can get **very** chilly at night outside! (no cotton in this layer)

\_\_\_\_\_\_\_ 1 rain jacket or poncho: waterproof nylon or waterproof/breathable fabric like Gore-Tex. Test in shower to **make sure it’s still waterproof**—the waterproof coating on nylon rain jackets degrades over time! Don’t bring heavy rubberized rain jackets; they weigh a ton and you’ll end up getting very hot and sweaty. Be careful with windbreakers and track jackets- most are not waterproof, especially if they do not have a hood. **Water resistant is not the same as waterproof**.

**Lower Body:**

\_\_\_\_\_\_\_ Underwear as needed (recommended 1/day for females). Synthetic preferable.

\_\_\_\_\_\_\_ 1-2 pairs non-cotton, loose-fitting, athletic shorts

\_\_\_\_\_\_\_ 1 pair non-cotton long pants, loose-fitting: nylon, synthetic, fleece, or 50/50 synthetic/cotton blend. Athletic warm-ups are great. ***No blue jeans or cotton sweatpants***—they take too long to dry!

\_\_\_\_\_\_ 1 pair waterproof rain pants (optional)—see notes on rain jackets

\_\_\_\_\_\_\_ 1 bathing suit (optional – depends on canoeing/swimming possibilities of trip)

**Other:**

 **PERSONAL**

\_\_\_\_\_\_\_  **Any medications you will need to take during the trip (inhaler, allergy medications, etc.)**

\_\_\_\_\_\_\_  **Photo ID (driver’s license, passport, other official form of identification)**

\_\_\_\_\_\_\_  **Health Insurance Card:** if applicable

\_\_\_\_\_\_\_ Glasses, contact lenses, and contact solution as needed. Some people find it hard to keep their hands clean enough to be comfortable handling their contacts, and therefore prefer glasses, so we encourage bringing a **spare pair glasses** as back-up.

\_\_\_\_\_\_\_ Minimal toilet kit: toothbrush, small tube of toothpaste, sunscreen, shampoo & body wash (as needed). Bring travel-sized containers—all toiletries should fit in a quart-sized Ziploc bag (similar to TSA airport requirements). “Smellables” (things that smell good to us) are an attraction for insects and animals, so we want to keep them to a minimum. OA will provide biodegradable soap, and leaders will have group bottles of sunscreen.

\_\_\_\_\_\_\_ Menstrual hygiene products as needed

 **GEAR**

\_\_\_\_\_\_\_ **1 day pack** (i.e. school book bag) to use throughout the week

\_\_\_\_\_\_\_ **2 one-liter reusable water bottles, such as Nalgene.** *You must have these water bottles!* *You must have these water bottles!* We recommend plastic bottles (a non-BPA plastic or polyethylene).

\_\_\_\_\_\_\_ **2 heavy plastic garbage bags** for waterproof storage\*\*

\*\*Don’t worry too much about having these precise amounts, because leaders will also have extras.

\_\_\_\_\_\_\_ 1 plastic cup with handle

\_\_\_\_\_\_\_ 1 plastic bowl (Tupperware works great)

\_\_\_\_\_\_\_ 1 unbreakable spoon

\_\_\_\_\_\_\_ 2 bandannas or handkerchiefs. They are useful for many things in the outdoors. (optional)

 **OPTIONAL**

\_\_\_\_\_\_\_ 1 small notebook and pencil

\_\_\_\_\_\_\_ Sunglasses

\_\_\_\_\_\_\_ 1 individual bottle of hand sanitizer (2 oz.) (note: trip leaders will also have group hand sanitizer)

\_\_\_\_\_\_\_ Travel size packets of hand wipes/towelettes (like Wet Ones)

\_\_\_\_\_\_\_ Insect repellent. Please do **not** bring products with more than 35% DEET or in aerosol containers. (Leaders will have group insect repellent)

**DO NOT BRING (you’ll survive without these things, we promise!):**

* Electronics: cell phones, iPods, etc.