# 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 (not including backpack, sleeping bag, sleeping pad, or boots) 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 hiking boots 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 internal or external frame backpack** with shoulder straps and padded hip belt. Internal frame packs should have a capacity of 65-75 liters (external frames should be 30-50L). Make sure the pack fits well and that all straps and zippers are in working order. If you have an external frame pack, bring sleeping bag straps, bungee cord, or rope to hold your sleeping bag onto the pack.

\_\_\_\_\_\_\_ **1 sleeping bag with stuff sack:** Any summer weight synthetic fill bag will do (fills like Polarguard Delta, CloudLoft, PrimaLoft, Thermic CF). If the bag has a temperature rating, a 35 to 45° F bag should be fine. The bag should have a nylon shell both inside and outside. Down bags are acceptable, but extra care must be taken to keep them dry. ***Do not bring bags with cotton shell, fill, or lining***—if they get wet, you’ll never get them dry.

\_\_\_\_\_\_\_ **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.*

**Feet**:

\_\_\_\_\_\_\_ **1 pair of lightweight hiking boots OR athletic shoes:** Boots should extend over the ankle for ankle support (see above for details). If you do not bring boots, then you should have a pair of good athletic shoes for hiking (see above).

\_\_\_\_\_\_\_ **1 pair camp shoes:** Your feet will be tired at the end of the day, and you’ll need comfortable shoes to wear around camp. Camp shoes could be running shoes, Crocs, or sandals with a heel strap (e.g. Tevas or Chacos) that will stay on your feet (**not flip-flops**). Ideally, camp shoes should dry quickly.

\_\_\_\_\_\_\_ **2-3 pairs of light synthetic/polypropylene liner socks** (see above for details) **NOT Cotton!**

\_\_\_\_\_\_\_ **2-3 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). ***NO Cotton!***

**Head:**

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

\_\_\_\_\_\_\_ **1 wool or synthetic fleece hat for warmth at night**

**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)

**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.

\_\_\_\_\_\_\_ Toilet kit: Only toothbrush, small tube of toothpaste, comb/brush, sunscreen**,** and lip balm. ***Do not bring “smellables” like shampoo, soap, shaving cream, deodorant, etc.*** Things that “smell good” to us are an attraction for insects and animals. OA will provide biodegradable soap, and leaders will have group bottles of sunscreen.

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

**GEAR**

\_\_\_\_\_\_\_ **3 one-liter reusable water bottles, such as Nalgene.** *You must have these water bottles!* We recommend plastic bottles (a non-BPA plastic or polyethylene).

\_\_\_\_\_\_\_ 1 small flashlight or LED headlamp with fresh, alkaline batteries (alkaline batteries last longer). Headlamps are preferred, as they leave your hands free. **It gets very dark in the backcountry, don’t forget this.**

\_\_\_\_\_\_\_ **At least 3 heavy plastic garbage bags**: one for sleeping bag, one for inside your backpack, and one as a rain cover.

\_\_\_\_\_\_\_ **5-6 gallon size Ziploc bags** or 2-3 plastic grocery bags for packing\*\*

\*\*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**

\_\_\_\_\_\_\_ Additional cold weather gear—such as lightweight long underwear, etc., if you get cold easily.

\_\_\_\_\_\_\_        OA provides foam sleeping pads for all participants, but you may bring your own if you prefer. 3/8in. foam or inflatable camping pad (like a Thermarest—not a full-size inflatable mattress).

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

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

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

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

\_\_\_\_\_\_\_ 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.
* “Smellables”: deodorant (attracts animals, unhygienic when showers are unavailable), makeup, shampoo, etc.