

Backpacking Trip: 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.**

Hiking Boot Selection

Hiking boots that extend over the ankle provide increased support on trails and are essential when carrying the extra weight of a backpack. Leather/nylon boots are fine for Frosh Trip and are lightweight enough to wear around campus.

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.

Equipment Discounts

See the Equipment Discounts link in your email for more information about various equipment discounts available as well as recommendations for specific items (including boots).

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

OA is able to lend these 2 items if requested **before August 12.**

_____ **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.

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

Feet:

_____ **1 pair of lightweight hiking boots:** Your boots should extend over the ankle for ankle support (see above for details)

_____ **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). **NOT Cotton!**

(continued on back)

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: The mountains get chilly at night! (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 sweatpants**—they take too long to dry!
- _____ 1 pair lightweight polypropylene long underwear bottoms (optional but highly recommended if you get cold easily)
- _____ 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.)**
- _____ 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.
- _____ 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
- _____ 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

- _____ 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).
- _____ Camera
- _____ 1 small notebook and pencil
- _____ Sunglasses
- _____ Travel size packets of hand wipes/towelettes (like Wet Ones)
- _____ 1 pair lightweight, synthetic gloves
- _____ 1 individual bottle of hand sanitizer (2 oz.)
- _____ Insect repellent. Please do **not** bring products with more than 35% DEET or in aerosol containers.

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.