

Sustainable Farming 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 boots and a raincoat.**

Boot Selection

Hiking or work boots that extend over the ankle provide increased support and protection while completing projects around the farm. Leather/nylon hiking boots are fine for Frosh Trip and are lightweight enough to wear around campus. All-leather work boots are more durable, but they're generally heavier (and more expensive).

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 the same mid-weight wool sock that you'll be wearing during 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 duffle bag, or external or internal frame backpack** with shoulder straps and padded hip belt. You'll only be going a short distance to your campsite on the farm so you'll need something to carry your belongings and group gear and food. A large duffle bag or backpack (capacity of 65-75 liters) will work fine.

_____ **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 work boots:** You will wear these while working on the farm. These can be waterproof leather work boots or lightweight waterproof hiking boots. These will get very dirty, so plan accordingly!

_____ **1 pair rubber rain boots:** These should be at least mid calf height, up to the knee boots work fine **(optional)**

_____ **1 pair of camp shoes:** You will wear these around camp at night. These can be sneakers or running shoes, but they must be closed-toed. **Do not bring sandals, flip-flops, or other open-toed shoes.**

_____ **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!**

_____ **1-2 pair of athletic socks:** For wearing around camp with sneakers.

Head:

_____ **1 brimmed cap** (wide-brimmed, baseball, etc) for sun and rain protection (highly recommended)

_____ **1 wool or synthetic fleece hat for warmth at night**

(continued on back)

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 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 pair work pants to wear while doing farm work. Old jeans, overalls, Carharts, or similar pants are fine.
- _____ 1-2 pairs non-cotton, loose-fitting athletic shorts
- _____ 1 pair non-cotton, loose-fitting long pants for cooler evenings: 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

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.
- _____ 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.
- _____ Menstrual hygiene products as needed

GEAR

- _____ **Leather work gloves or heavy canvas gardening gloves for farm work**
- _____ **2 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 woods, don't forget this.**
- _____ **1 heavy plastic garbage bag** for storage
- _____ **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.
- Excess "smellables": no shaving cream, make-up, hairspray, etc.