

Outdoor Adventure Trip: Personal Equipment List

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

If you already own these items or could borrow them, PLEASE BRING YOUR OWN. You will only be using the pack to transport individual and group items to and from your campsite.

_____ **1 duffel bag or an external or internal frame backpack** with shoulder straps and padded hip belt. You'll only be going a short distance from the bus to your group's site at the Summer Camp, but you'll need something to carry your belongings and group gear and food. A large duffel bag (4,000 - 5,000 cubic inches) or a backpack will work fine. External frame packs should have 2,000 - 3,000 cubic inches of volume and internal frame packs 4,000 - 5,000 cubic inches.

_____ **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 running shoes or lightweight hiking boots:** Your boots should extend over the ankle for ankle support; have lug soles for traction; and be either leather/nylon or all-leather. Leather/nylon boots that extend over the ankle are fine for Frosh Trip and are lightweight enough to wear around campus. All-leather boots are more durable, but they're generally heavier. If you plan to do more hiking, it may be worthwhile to invest in all-leather mid-weight boots. In addition, waterproof boots are best: the boots may already have a Gore-tex (waterproof/breathable) liner, or you can treat the leather with a waterproofing compound before the trip. 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. **Make sure your boots are well broken in before you arrive; otherwise your feet will pay the price! Start walking in them weeks beforehand. We cannot emphasize this enough: boots that aren't broken in invariably cause blisters!**

_____ **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/wading shoes could be: sneakers/running shoes, Crocs, or sandals with a heel strap (e.g. Chacos) that will stay on your feet (**not flip-flops**). We recommend that your choice dries quickly.

_____ **2-3 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. **Do not bring cotton socks.**

_____ **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). **Do not bring cotton socks.**

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

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 or rain chaps, coated nylon (optional)

_____ 1 bathing suit

(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 (like under armour or nike drifit), 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: coated nylon or waterproof/breathable fabric like Gore-tex. **Make sure it's still waterproof**—the waterproof coating on nylon rain jackets degrades over time! You can easily test in the shower. 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.**

Head:

- _____ 1 brimmed cap (wide-brimmed, baseball, etc) for sun and rain protection (optional)
- _____ **1 wool or synthetic fleece hat for warmth at night**

Other:

Personal

- _____ **Any medications you will need to take during the trip (allergy medications, inhaler, 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.
- _____ Feminine hygiene products as needed
- _____ 1 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.
- _____ Insect repellent. Repellents with high concentrations of DEET are hazardous, so please do not bring products with more than 35% DEET. No aerosols please—it's bad for the environment.

Gear

- _____ **1 closed-cell foam sleeping pad** (3/8 in. foam) or inflatable camping pad (like a Thermarest—*not* a full-size inflatable mattress). Sleeping pads provide padding and insulation from the ground for more comfortable sleeping, and they help keep your sleeping bag dry.
- _____ **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). **THE SUSTAINABILITY OFFICE WILL BE GIVING 1 PRINCETON NALGENE BOTTLE.** So **bring 1** with you and get 1 on campus.
- _____ 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, 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.
- _____ **1 day pack** (i.e., school book bag) to use throughout the week
- _____ Leather work gloves or heavy canvas gardening gloves for service project (optional)

OPTIONAL

- _____ 1 camera
- _____ 1 small notebook and pencil
- _____ 1 pair sunglasses or clip-ons
- _____ 1 individual bottle of hand sanitizer (2 oz.)
- _____ Travel size packets of hand wipes/towelettes (like Wet Ones)
- _____ 1 pair lightweight, synthetic gloves
- _____ 1 individual bottle of hand sanitizer (2 oz.)

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

- Electronics: cell phones, iPods, etc.
- "Smellables": deodorant (attracts bugs and wild animals, unhygienic when showers are unavailable), makeup, nail polish, hair spray, etc.