PRE-ORIENTATION TRIP EQUIPMENT LIST
Backpacking Trip

What to pack in: An internal or external frame pack that has enough volume to hold all of your belongings as well as some group gear and food (approx: 4500 - 6000 in³). Remember that you will be carrying everything you pack – please pack lightly! Please do not pack any cotton clothing – cotton gets heavy when it gets wet and does not dry out quickly. Try lining the inside of your pack with a big garbage bag to help make everything waterproof!

Essential Gear

Clothes
- 1 tee-shirt – synthetic, quick drying
- 1 pair of shorts – synthetic, quick drying
- 1 pair lightweight pants; no jeans (they get wet and cold!) Leggings are fine.
- 2 wool or fleece sweaters or jackets, or 1 fleece and 1 lightweight puffy jacket
- 1 set (top & bottom) synthetic long underwear, such as polypropylene or capilene. Any types containing cotton are not acceptable. Cotton robs the body of essential heat when it is wet.
- 1 wool or fleece hat
- 1 hat for sun and bug protection
- underwear for 4 days
- 1 pair wool or fleece mittens or gloves
- 3 – 4 pairs wool socks
- rain gear: rain jacket & pants are ideal. Must be waterproof/breathable (no rubber!)

Gear
- sleeping bag (pack this inside a tough garbage bag inside its regular stuff sack to help ensure dryness)
- sleeping pad (closed-cell pads or Therma-Rests® please, open cell foam pads act like sponges)
- sturdy hiking boots with good ankle support (they must fit properly and be broken in prior to the trip - they should fit with at least 1 pair wool socks)
- 1 of each: cup, bowl, spoon (no glass)
- 2 water bottles (no glass)
- Flashlight or headlamp and extra batteries
- Sunscreen
- toilet kit: its contents should be those things that you cannot live without (toothbrush, toothpaste, tampons)

Optional Gear
- lightweight sandals, such as Tevas, for wearing around camp
- camera (the Outing Club loves copies of good photos)
- sunglasses
- journal and pen/pencil
- reading material (a small paperback)
- sock liners (recommended for those prone to blisters or with new hiking boots)
- pocket knife
- bug repellent