PRE-ORIENTATION TRIP EQUIPMENT LIST
Day Hiking

What to pack in: You may pack in anything that you like. A backpack is easiest to carry, but a duffel bag is perfectly acceptable. No wheeled luggage please! You will want a day pack to take with you during the day.

Essential Gear

Clothes
- 2 tee-shirts
- 1 pair of shorts
- 1 bathing suit (can use shorts for swimming, with a sports bra for women)
- 1 pair lightweight pants; no jeans – they get wet and cold! Leggings are fine.
- 2 wool or fleece sweaters, or 1 fleece and 1 lightweight puffy jacket
- 1 set (top & bottom) synthetic long underwear, such as polypropylene and capilene. Any types containing cotton are not acceptable. Cotton robs the body of essential heat when it is wet.
- 1 wool or synthetic fleece hat
- 1 hat for sun and bug protection
- underwear for 4 days
- 3 pairs wool socks
- 1 pair wool or fleece mittens or gloves
- rain gear: rain jacket & pants are ideal. Must be waterproof/breathable – no rubber!
- sturdy hiking boots with good ankle support - they must be broken in prior to the trip and should fit with at least 1 pair of wool socks
- camp shoes – sturdy sandals (Tevas or Chacos), crocs, sneakers, etc to wear around camp.

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)
- day pack (a small backpack or book bag is fine)
- 1 of each: cup, bowl, spoon (no glass)
- 2 water bottles (no glass)
- Flashlight/headlamp and extra batteries
- sunscreen
- sunglasses
- bug repellent
- a few extra garbage bags
- toilet kit: its contents should be those things that you cannot live without (toothbrush, toothpaste, tampons)

Optional Gear
- lightweight sneakers or sandals for wearing around camp
- camera (the Outing Club loves copies of good photos)
- journal and pen/pencil
- reading material (a small paperback)
- small towel
- pocket knife