What to pack in: Please pack in a duffel bag or backpack. No wheeled luggage, please!

**Essential Gear**

**Clothes**
- 3 tee-shirts (1 long sleeve - for sun protection) – synthetic, quick drying
- 1 pair of shorts
- 1 bathing suit (can use shorts for swimming, with a sports bra for women)
- 1 pair pants/leggings
- 2 wool or fleece sweaters, or 1 sweater 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
- 3 pairs wool socks
- 1 pair wool or fleece mittens or gloves
- rain gear: rain jacket & pants are ideal

**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)
- 1 pair of old sneakers that you don’t mind sacrificing to the water, mud, and other elements which you may encounter
- 1 pair of shoes for in camp/on the boat-these can not be flip flops. Sandals must have a heel strap. If you choose to have sandals, you should also bring along a pair of shoes which you can wear in foul weather in which your feet will stay warm. Neoprene booties work well.
- 1 of each: cup, bowl, spoon (no glass)
- 2 water bottles (no glass)
- Flashlight or headlamp and extra batteries
- sunscreen
- sunglasses
- bug repellant
- sunglasses
- toilet kit: its contents should be those things that you cannot live without (toothbrush, toothpaste, tampons)

**Optional Gear**
- camera (the Outing Club loves copies of good photos)
- journal and pen/pencil
- reading material (a small paperback)
- pocket knife