ORIENTATION TRIP EQUIPMENT LIST

Surfing

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 small day pack to take with you during the day.

Essential Gear

Clothes
- 2 tee-shirts
- 1 pair of shorts
- 1 bathing suit
- 1 pair pants or leggings
- 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 fleece hat
- 1 hat for sun and bug protection
- underwear for 4 days
- 3 pairs wool socks
- 1 pair wool 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)
- day pack (a small backpack or book bag is fine)
- 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
- lightweight sneakers or sandals for wearing around camp
- 1 of each: cup, bowl, spoon (no glass)
- 2 water bottles (no glass)
- Flashlight/headlamp and extra batteries
- sunscreen (spf 15 is good)
- beach towel
- 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
- surfboard - the Outing Club will provide surfboards, but if you have one and can bring it, feel free to do so
- wetsuit - the Outing Club will provide wetsuits, but if you have one that you really like, bring it along
- camera (the Outing Club loves copies of good photos)
- sunglasses
- journal and pen/pencil
- reading material (a small paperback)
- an extra beach towel
- beach toys – frisbees, sand castle building equipment, etc
- pocket knife