What to pack in: You may pack in anything that you’d like; a backpack is easiest to carry, but a duffel bag is perfectly acceptable. No wheeled luggage, please!

**Essential Gear**

**Clothes**
- 2 tee-shirts
- 1 pair of shorts
- 1 bathing suit (shorts and a sports bra will work too!)
- 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 or capilene. Any types containing cotton are not acceptable. Cotton robs the body of essential heat when it is wet.
- 1 pair of old sneakers that you don’t mind sacrificing to the water, mud and other elements which you may encounter. Neoprene booties work well for warmth as well as tromping around. Sturdy sandals, such as Tevas, are also acceptable.
- 1 pair of camp shoes
- 1 pair of lightweight hiking boots
- 1 wool 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. If you have a down sleeping bag it is essential that it is water tight - down loses all ability to keep you warm when it gets wet!!)
- sleeping pad (closed-cell pads or Therma-Rests® please, open cell foam pads act like sponges)
- 1 of each: cup, bowl, spoon (no glass)
- 2 water bottles (no glass)
- flashlight or headlamp and extra batteries
- sunscreen - this is **essential**. This trip has the potential to expose participants to lots of sun from both direct light and reflected light.
- bug repellent
- sunglasses
- a few extra garbage bags
- 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)
- small towel
- wetsuit - the Outing Club will provide wetsuits, but if you have one that you really like, bring it along.
- Pocket knife