

Bring everything on this list with you to the pre-trip meeting as we will be packing up our backpacks as if we were going hiking that night. If it is an item Outdoor Recreation (OR) can provide, we will have them available at the pre-trip. If you aren't sure about an item, bring it with you to the pre-trip and we can discuss it. We want you to be prepared to have a great trip. Use this as a checklist when preparing for the pre-trip meeting.

Clothing: Dress in layers!! Layers enable a hiker to add or subtract clothing in order to prevent chill and sweating. When possible, **avoid cotton clothing**, it loses its insulative properties when wet. Use wool, silk, or synthetic.

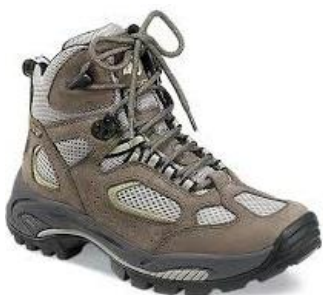
OUTDOOR CLOTHING LAYERING SYSTEM

VECTOR INFOGRAPHIC



Required Clothing

ITEM	DESCRIPTION	3-DAY	4-DAY	5-DAY
T-Shirts	Synthetic or wool	1-2	2-3	2
Mid Layer Top and bottom	This is a long john type top made of wool or synthetic material	1	2	2-3
Heavy Weight Layer	A fleece, sweater, vest, or a light insulated down or synthetic jacket	1	1	1
Pants	Loose fitting & comfortable made of nylon. Zip-off pants are versatile	1	2	2-3
Socks	Heavy weight wool or synthetic. Some people also like liners.	2-3	2-3	3-4
Rain Gear	Waterproof jacket & pants or a poncho	1	1	1
Footwear	Durable sole, ankle support & waterproofing is preferred. Broken in-new boots will cause blisters!	Hiking shoes or boots	Hiking boots	
Warm Hat	This is a stocking cap, synthetic or wool	1	1	1



Hiking Boot



Low Hiking Shoe



Ultra-Light Hiking Shoe

Optional Clothing

ITEM	DESCRIPTION	All Trips
Gloves	Wool or fleece. Temperature dependent	1
Shorts	Synthetic, for warmer temperatures	1
Light Long Sleeve Shirts	You may want one for camp/sleeping or to hike in	1
Camp Shoes	Light weight, can serve for both camp and water shoe. No flip-flops	1
Sun Protection	Sunglasses or a brimmed hat	1
Gaiters	Waterproof ankle protection great for water crossings or wet trails	1
Bandanna	Oh so many uses	1-2
Sunscreen/bug spray	Small quantities	1

Required Items you will need to provide

ITEM	DESCRIPTION	All Trips
Cup, Bowl/plate	Light weight & durable. Tupperware works nicely	1-2
Utensil	Spoon/fork/spork	1
Water Bottle/Bladder	Minimum of 64oz. capacity. If extra capacity is needed Gatorade bottles work well.	1-3
Toiletries	Think small. Tooth paste & brush, soap or wipes, leave the deodorant at home	1
Personal Medications	Please let us know if there are special storage conditions	

Required Items OR can provide

ITEM	DESCRIPTION	3-DAY	4-DAY	5-DAY
Backpack	Must fit properly & have a padded hip belt	40-50 Liters	50-70 Liters	>65 Liters
Sleeping Bag	Non-cotton. Temperature ratings are determined by season.	>30°	>20°	>15-20°

ITEM	DESCRIPTION	All Trips
Pack Cover	2 heavy duty garbage bags can serve as a replacement	1-2
Sleeping Pad	OR provided closed cell foam pads	1
Backpack Tent, Ground Cloth	The tent should weigh less than 4.5 lbs., Tents will be shared.	1
Stove and Fuel	OR provides Whisper Lights or Jet boil Stoves	1
Pot, Pot Grips	Not needed for jet boil	1
Stuff Sack	1 should be used as a food bag, others can be used for clothing	1-3
Light Source, Extra Batteries	Headlamp is preferable	1
Trekking Poles	Optional , help with stability and dispersing the weight of the pack	1 set