First-Year Trips Packing List

We’re so excited to meet you this September! This document is to help you make sure that you have everything you need for your trip. Different trip types have slightly different packing lists, so click on the link below to your specific trip type to see what you might need!

If you aren’t sure what something that’s listed here is, there is a short glossary of terms at the end to help explain. If you ever want to clarify anything, please don’t hesitate to reach out to us – we’re here to help!

Introduction / FAQs

Below, you will find the specific packing list for your trip type. Please review the following steps to ensure you are prepared for your trip:

1) READ: Look through your packing list to determine what is required and optional. Carefully read over what you need and figure out what gear you already have! Check the Glossary/Explanation of Items if you’re not sure what something is.

2) ASK AROUND: Before you buy lots of new camping gear, ASK friends, neighbors, relatives, classmates, etc. if you can borrow their equipment. **You do not need new equipment** -- older gear is totally fine as long as it works properly!

3) BUY: Now that you have identified what you need, what you already have, and what you can borrow – it's time to purchase any other items on your packing list.
   a) Good suggestions for deal-hunting
      i) Look used first – local gear shops, thrift stores, military surplus stores, etc. Used gear is great!!
      ii) [REI Outlet](https://www.rei.com/outlet) offers deals on last year's products. You don’t need the latest'n'greatest gear for Trips!
      iii) [Sierra Trading Post](https://www.sierra Trading Post.com): great gear at discounted prices
      iv) [Backcountry](https://www.backcountry.com): check the “Sale” tab

4) BORROW: If you are unable to find or purchase the gear you need for your trip, we have a limited supply of gear, which you can request to borrow, free of charge. You can request gear by filling out [this form](https://www.first-year.trips.dartmouth.edu) (note you’ll need to be in your Dartmouth google account to access). If you’re having trouble accessing this form, let us know via email. If you’re requesting gear, please fill out the form by **August 7 at 11:59PM ET**. We will do our best to meet everyone’s needs, but priority will go to students on financial aid and those who complete the form by the deadline. We will do our best to accommodate requests for equipment, but encourage you to explore your options BEFORE requesting to borrow from us.
What if I’m not sure whether I have the right thing??
To learn more about what each piece of gear is and does, or if you have the right thing, see the glossary!

In general, we encourage you not to go buy a bunch of new expensive things. You probably don’t need anything new, fancy, or costly. While you could buy a new pair of pricey hiking boots or a space-age headlamp that will light up an entire forest, in most cases, any sturdy pair of running shoes or a household flashlight will do.

What’s provided on Trips?
Except the things in the packing lists below, we will provide you with everything that you need on Trips, including:

- All food, and the equipment on which to cook it
- All first-aid and safety equipment
- All shelter and tarp equipment
- Any technical gear specific to your trip type
  - e.g., rock climbing gear, mountain bikes, helmets, kayaks, canoes, paddles, or fishing equipment/licenses

What Shouldn’t I Bring?
While we encourage you to bring the things on Trips that make you feel comfortable and that you think you might need, here are some guidelines of what not to bring:

Absolutely Not Allowed
We ask that you kindly not bring these. If you do bring them on Trips, we will discard them.

- Firearms or weapons of any kind
- Alcoholic beverages, nicotine, or other non-medical drugs.
- Garden gnomes

Highly Encouraged to Leave Behind
These are items which, while not absolutely forbidden, we think will make a better experience if they’re left in your residence halls while on Trips, and we ask that you do not bring them. These requests are designed to help you further engage with and be respectful towards the experiences and people on your trip. If you have any questions, feel free to reach out to us.

- Cell phones and other electronics
  - While on Trips, we encourage you to be engaged in the moment. Cell phones negatively impact the experience of the trip, both for you and the other people on your trip. Beyond this, most trips will not have access to cell phone service, wifi, or electricity to charge devices. If you do bring your cell phone, you will be expected to keep it in your bag and not use it except to take photos.
○ If you use electronics to address a specific medical or mental health need, please reach out to us! We’ll be happy to talk through what might be the best way to do this on Trips.
○ In the event of an emergency, your Trip Leaders will have access to cell phones or other communication devices.
● Private food or snacks
○ While on Trips, we will provide all of the food you need and ensure that it specifically meets the allergies and dietary needs of you and others on your trip. Lots of food is shared on Trips, so for the safety of everyone, we ask that you not bring outside food on your trip.
○ If you need to have a small supply of personal food for a medical or other need, please reach out to us.
● Valuables
○ It is easy to lose things on Trips – we encourage you to leave anything at home you wouldn’t want to lose. Most trips are in the backcountry and will not have the opportunity to spend any money.

Click on your trip type to see your packing list:

Introduction / FAQs
What if I’m not sure whether I have the right thing??
What’s provided on Trips?
What Shouldn’t I Bring?
   Absolutely Not Allowed
   Highly Encouraged to Leave Behind
Click on your trip type to see your packing list:

Glossary/ Explanation of Items
Sleeping Bag/Stuff Sack
Sleeping Pad
Frame Pack
Hiking Boots / Sturdy Walking Shoes
Non-Cotton or Synthetic Materials
Layering Systems and Warm Layers
Headlamps
Water Bottles / Hydration Packs
Spork/Spoon + Fork and Bowl

Packing Lists
Cabin Camping
Cabin Camping and Lake
Cabin Camping and Meditation
Cabin Camping and Nature Literature
Cabin Camping and Nature Photography  
Cabin Camping and Yoga  
Cabin Camping and Jamming  
Cabin Camping and Cooking  
Frisbee and Field-Day  
Nature Exploration and Ecology  
Fly Fishing  
Survivor and Survival Skills  
Canoeing  
Flatwater Kayaking  
Whitewater Canoeing  
Paddleboarding  
Grant Exploration  
Climb and Hike  
Hike and Yoga  
Hiking (Less Strenuous)  
Hiking (Moderately Strenuous)  
Hiking (More Strenuous)  
Mountain Biking  
Organic Farming  
Farm Hopping  
Social Impact  
Museum Exploration  
Geocaching  
Fashion and Sustainable Design  
Day-Hiking  
Day-Paddling

Glossary/ Explanation of Items

In this section is a short description and explanation of what each item is, more granular recommendations, and the reasonings behind them.

NOTE: There will be underlined links to examples of the items listed here. You do NOT need to purchase any of these items from these links. They are just examples.
Find that what you have isn't what you need? Here’s our gear [request form](sign into your Dartmouth google account to access). Fill it out by August 7. If you can’t access it, please let us know!

**Sleeping Bag/Stuff Sack**

- This is, like it might sound, a bag for sleeping in. This has the advantage over regular sleeping linens of being a single item, easily compressible, lightweight, and very warm. A stuff sack is a bag to put your sleeping bag in, and designed to allow the bag to compress to as small as possible to easily fit inside a backpack.
- There are two main materials: synthetic and down. Synthetic is cheaper and works slightly better when wet. Down is more expensive and works poorly when wet, but is much lighter. We do **not** recommend cotton sleeping bags as they are heavy and become near-useless when wet.
- A wide variety of sleeping bags will work on Trips, but we ask that you pay attention to the temperature rating of your sleeping bag. **Bags rated to 40°F are acceptable for trips that sleep in cabins, while trips that sleep outdoors should have bags rated to 30°F (or lower).** Most sleeping bags have their temperature rating in their name. It is important to look at the “comfort rating” if it is listed—that should be either 40°F (cabin) or 30°F (outdoors). Bags which are rated for temperatures less than 15F will likely be uncomfortable on Trips.
- If you sleep cold, consider a warmer bag.
- Some sleeping bags come in male or female specific styles. The female-specific bags will be cut wider in the hips and narrower in the shoulders and have more insulation than the equivalently temperature-rated male sleeping bag, because females typically sleep colder.
  - If you are concerned your sleeping bag is not warm enough, you can bring additional warm layers or reach out to us for a second opinion.

**Sleeping Pad**

- A sleeping pad is an *insulating* and softening layer that’s designed to be between you/your sleeping bag and the ground. It makes sleeping without a mattress much more comfortable, smoothing out bumps on the ground, softening the surface, and providing another layer of insulation between you and the cold ground.
- There are many types of sleeping pads - some made of *foam*, some inflatable. Some fold, some roll, and some get put into stuff sacks. For Trips, any type will do!
- Sleeping pads come with an “r-value” which, essentially, is how insulated the pad is (the higher the r-value, the warmer the pad). For trips where you will be sleeping outside, a pad with an r-value 2 or above will be sufficiently warm.
- They come in various sizes, so check the product page to see the recommended size for your height/dimensions of the pad.
Frame Pack

- A frame pack is a backpack with a supportive rigid frame that allows you to carry more things on your back than you otherwise would be able to. These backpacks are designed for hiking and have many more straps and adjustments than a backpack that you might use for school. They are also often much larger.
- Frame packs are highly adjustable, but do come in different sizes for people of varying torso lengths. If borrowing or purchasing a frame pack, check that it feels comfortable on you—add about 10-20 pounds of weight to see how it feels when loaded, since that’s how you’ll be carrying the pack.
- Frame packs vary in the amount of space inside – if you need a frame pack for your Trip, we recommend one of at least 50 liters (but no larger than 80 liters). (Usually, the capacity in liters will be listed on the pack or in the name of the pack—the link above shows a Trailmade 60 pack, denoting 60 liters of storage)
- If you aren’t sure if a pack has a frame, try bending it in half. If it can’t easily be bent, it likely has a frame inside!
- Some frame packs have their frames visible on the outside, others have their frames internal and hidden. Either version is appropriate and functional!
- Here are some resources on how to make the most out of a frame pack:
  - 📹 How to Pack a Backpack: REI Experts || REI
  - 📹 Backpacking Tips: How to Hoist Your Backpack
  - REI page on how to pack a backpack
**Hiking Boots / Sturdy Walking Shoes**

- Hiking boots are shoes specifically designed for hiking long distances. They usually go above the ankle, and provide support to the whole foot, the arch, and the ankle. Often, they are waterproof to keep your foot dry even when the trail might be a little muddy.
- Even if they aren't specifically "hiking boots," there are many kinds of shoes that can be appropriate for hiking. *The most important quality of hiking shoes is that they are comfortable even after walking long distances, and that it is sturdy enough to not fall apart on rougher terrain.*
  - Trail running shoes, athletic shoes, work boots, or running shoes can all be used effectively to hike.
- If you aren't sure about your shoes, or want a second opinion, feel free to reach out to us!
- **VERY IMPORTANT:** If you do buy a new pair of hiking shoes for Trips (and there’s no expectation that you do), make sure that they are "broken in" before you get to Trips! This means wearing them around for several days before your trip to allow your boots to adjust to the size and shape of your feet and become more flexible and comfortable. *Taking a brand new pair of hiking boots on a trip is a sure-fire way to get blisters on your feet.*
Non-Cotton or Synthetic Materials

- We **highly** recommend that you bring as little cotton clothing with you on Trips as possible.
- Non-cotton materials such as wool, polyester or polypropylene don’t become as easily saturated with water, tend to draw moisture away from your skin, dry more quickly, and can keep you warm even if the material itself is wet.
  - Cotton blends will also leave you cold, wet, and unhappy just like cotton. Good wool socks are best (and are a great investment for Hanover winters)
- You can check what material clothes are on their tag. As a rule of thumb, most “athletic” clothes, such as running shorts, “silky” t-shirts and compression shirts are non-cotton.
- The less you’re outside on your trip, the less that the “non-cotton” rule matters -- if you’re staying in a cabin or a bunkhouse where you can stay dry, it might not matter all that much. But if you’re camping outside and it rains, it might matter quite a lot.
- Non-cotton clothes can be found very cheaply at thrift stores!
Layering Systems and Warm Layers

- If you’re spending time outside and/or working with unpredictable weather (like New Hampshire in September), it’s important that your clothing options let you adapt to changes in warmth or moisture quickly.
- Luckily, this is easier than you think. A robust layering system can be just four items:
  - **Base Layer**: a light layer of clothing on your skin, like a non-cotton t-shirt. It is important for moving sweat/moisture away from your skin (a.k.a. wicking)
    - It may be nice to also have base layer bottoms for if it gets cold at night outside. Can be athletic leggings/tights or long underwear.
    - It is important that base layer bottoms are form-fitting; that’s how heat is trapped.
  - **Mid Layer**: a light or midweight layer that you can quickly take on or off that goes over your base layer, such as a long sleeve t-shirt or tight, light fleece.
  - **Heavy Layer**: a warm layer that can go over your mid and base layers to provide a good amount of warmth, like a fluffy fleece, a puffy jacket, or light coat.
  - **Shell Layer**: a water/windproof layer, like a rain jacket, that can go on top of all of your layers to prevent water or wind from making you cold and/or wet.
    - Windbreakers will not protect you from the rain. Rain jackets do not have to have Gore-Tex, but must have a hood and be waterproof (test in the shower!)
- None of these layers have to be fancy or expensive. But if you follow this layering guide, you’ll have a set of clothes that you can change quickly during the day so you’ll be comfortable regardless of if you’re hiking up a big hill, napping by a windy lake, or sitting on the porch of a cabin.
● For a more detailed guide to layering at Dartmouth, we recommend this guide published by Dartmouth Outdoor Programs

**Headlamps**

![Headlamp Image](image)

- A headlamp is a type of flashlight that has a strap which allows it to be worn on your forehead. These types of lights can be convenient by allowing you to use your light and both of your hands at once, and are very popular in outdoor activities. A basic model can cost less than $25.
- We require headlamps for hiking trips. For other trips, we strongly recommend bringing a flashlight outside of your phone. Headlamps are ideal, but if you have a different flashlight that works too.
  ○ Be sure to bring a spare set of batteries!

**Water Bottles / Hydration Packs**

![Water Bottle and Hydration Pack Images](image)
• Water bottles should be sturdy, reusable, and able to hold at least 1 liter of water.
• **For all trips, we recommend bringing at least two liters of water capacity** – for some trips we recommend you bring three or four.
• A classic example of this sort of water bottle is the one liter Nalgene, but almost any sort of water bottle will do, regardless of its brand or if it’s plastic, metal, or wood, as long as it holds around a liter of water.
  o **Please do not bring glass water bottles on Trips** because of the risk of breaking.
• Disposable plastic water bottles are a cheap alternative. These bottles are acceptable as long as they are sturdy enough to last through your trip, can be reused, and you bring enough of them. Disposable bottles are often small, and you may need 4 or more to carry enough water.
  o A good disposable option is the [SmartWater bottle](https://www.smartwaterbottle.com): they are light, sturdy, and carry 1 liter of water.
• Some people choose to use **hydration bladders** to supplement their water bottles. These are sacks of water with a long straw that are meant to stay in your backpack and allow you to drink water without opening and closing a water bottle. They’re convenient and allow you to take frequent little sips rather than big gulps helping with hydration. However, they have a tendency to leak or fail. For that reason, we ask that if you bring a hydration bladder as part of your gear, that you bring **at least one standard bottle in addition**.

### Spork/Spoon + Fork and Bowl

• You should bring some type of eating utensil to eat with during Trips. This can look like a plastic, metal, or wooden spork, spoon, or fork. Make sure to bring a utensil that is washable and not easily breakable. No need to buy anything new – something from your kitchen drawer is perfect!
• You should also bring a bowl for eating on Trips. This can look like a plastic, wooden, or metal bowl, or even a sturdy hard plastic take-out container. Make sure to bring a container or bowl that you can eat hot foods from. Containers with sealable tops (like Tupperware and some [camping bowls](https://www.campingbowl.com)) are helpful but not required.

### Packing Lists

#### Cabin Camping

*Important: For all trips, **make sure to bring the required number of water bottles**! It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your cabin might not be close to water.*

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.
We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many of the cabins have an approach which does not facilitate wheeled suitcases.

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Sleeping bag in a stuff sack (30 degrees or better)</td>
<td>• Baseball cap/sun hat</td>
</tr>
<tr>
<td>• Duffel bag, backpack, or bag to carry things in (at least 50 liters)</td>
<td>• Warm hat</td>
</tr>
<tr>
<td>• Small day pack/backpack/waist bag for optional day hikes</td>
<td>• Pocket knife</td>
</tr>
<tr>
<td>• Sneakers that are broken in (or hiking boots, if you already have them)</td>
<td>• Small camera</td>
</tr>
<tr>
<td>• 2 pairs synthetic/wool socks</td>
<td>• Sunglasses</td>
</tr>
<tr>
<td>• Rain jacket</td>
<td>• Wind or rain pants</td>
</tr>
<tr>
<td>• Headlamp or flashlight and 1 set extra batteries</td>
<td>• Journal</td>
</tr>
<tr>
<td>• <strong>2 or more 1-liter water bottles</strong></td>
<td>• One pair camp shoes (sneakers, crocs, or sport sandals)</td>
</tr>
<tr>
<td>• Toothbrush, small toothpaste</td>
<td>• Sunscreen</td>
</tr>
<tr>
<td>• Necessary medications (including an Epi-Pen, if you carry one)</td>
<td>• Insect repellent</td>
</tr>
<tr>
<td>• Spork/Spoon + Fork</td>
<td>• Book</td>
</tr>
<tr>
<td>• Plastic or metal bowl for food</td>
<td>• Ear plugs and eye mask</td>
</tr>
<tr>
<td>• 2 t-shirts/athletic shirts (non-cotton)</td>
<td>• Bathing suit</td>
</tr>
<tr>
<td>• 3 pairs underwear (non-cotton)</td>
<td>• Small towel</td>
</tr>
<tr>
<td>• Athletic shorts (non-cotton)</td>
<td>• Menstrual products (we’ll have extra, but bring what you need!)</td>
</tr>
<tr>
<td>• Synthetic/athletic hiking pants (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>• Long underwear or other warm pant (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>• Long-sleeved shirt/tight warm layer (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>• Fleece jacket/big warm layer (non-cotton)</td>
<td></td>
</tr>
</tbody>
</table>

**Cabin Camping and Lake**

*Important: For all trips, make sure to bring the required number of water bottles!* It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your cabin might not be close to water.

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.
We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many of the cabins have an approach which does not facilitate wheeled suitcases.

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Sleeping bag in a stuff sack (30 degrees or better)</td>
<td>• Baseball cap/sun hat</td>
</tr>
<tr>
<td>• Duffel bag, backpack, or bag to carry things in (at least 50 liters)</td>
<td>• Warm hat</td>
</tr>
<tr>
<td>• Small day pack/backpack for optional day hikes</td>
<td>• Pocket knife</td>
</tr>
<tr>
<td>• Sneakers that are broken in (or hiking boots, if you already have them)</td>
<td>• Small camera</td>
</tr>
<tr>
<td>• 2 pairs synthetic/wool socks</td>
<td>• Sunglasses</td>
</tr>
<tr>
<td>• Rain jacket</td>
<td>• Wind or rain pants</td>
</tr>
<tr>
<td>• Headlamp or flashlight and 1 set extra batteries</td>
<td>• Journal</td>
</tr>
<tr>
<td>• 2 or more 1-liter water bottles</td>
<td>• One pair camp shoes (sneakers, crocs, or sport sandals)</td>
</tr>
<tr>
<td>• Toothbrush, small toothpaste</td>
<td>• Water shoes</td>
</tr>
<tr>
<td>• Necessary medications (including an Epi-Pen, if you carry one)</td>
<td>• Sunscreen</td>
</tr>
<tr>
<td>• Spork/Spoon + Fork</td>
<td>• Insect repellent</td>
</tr>
<tr>
<td>• Plastic or metal bowl for food</td>
<td>• Book</td>
</tr>
<tr>
<td>• Swimsuit and towel</td>
<td>• Ear plugs and eye mask</td>
</tr>
<tr>
<td>• 2 t-shirts/athletic shirts (non-cotton)</td>
<td>• Menstrual products (we'll have extra, but bring what you need!)</td>
</tr>
<tr>
<td>• 3 pairs underwear (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>• Athletic shorts (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>• Synthetic/athletic hiking pants (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>• Long underwear or other warm pant (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>• Long-sleeved shirt/tight warm layer (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>• Fleece jacket/big warm layer (non-cotton)</td>
<td></td>
</tr>
</tbody>
</table>

**Cabin Camping and Meditation**

*Important: For all trips, make sure to bring the required number of water bottles!* It might seem like too many, but believe us, it's important. You need water to cook and wash dishes, and depending on your trip, your cabin might not be close to water.

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ¼ of your bag for these items.
We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many of the cabins have an approach which does not facilitate wheeled suitcases.

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Sleeping bag in a stuff sack (30 degrees or better)</td>
<td>• Baseball cap/sun hat</td>
</tr>
<tr>
<td>• Duffel bag, backpack, or bag to carry things in (at least 50 liters)</td>
<td>• Warm hat</td>
</tr>
<tr>
<td>• Small day pack/backpack for optional day hikes</td>
<td>• Pocket knife</td>
</tr>
<tr>
<td>• Sneakers that are broken in (or hiking boots, if you already have them)</td>
<td>• Small camera</td>
</tr>
<tr>
<td>• 2 pairs synthetic/wool socks</td>
<td>• Sunglasses</td>
</tr>
<tr>
<td>• Rain jacket</td>
<td>• Wind or rain pants</td>
</tr>
<tr>
<td>• Headlamp or flashlight and 1 set extra batteries</td>
<td>• Journal</td>
</tr>
<tr>
<td>• 2 or more 1-liter water bottles</td>
<td>• One pair camp shoes (sneakers, crocs, or sport sandals)</td>
</tr>
<tr>
<td>• Toothbrush, small toothpaste</td>
<td>• Sunscreen</td>
</tr>
<tr>
<td>• Necessary medications (including an Epi-Pen, if you carry one)</td>
<td>• Insect repellent</td>
</tr>
<tr>
<td>• Spork/Spoon + Fork</td>
<td>• Book</td>
</tr>
<tr>
<td>• Plastic or metal bowl for food</td>
<td>• Yoga mat</td>
</tr>
<tr>
<td>• 2 t-shirts/athletic shirts (non-cotton)</td>
<td>• Ear plugs and eye mask</td>
</tr>
<tr>
<td>• 3 pairs underwear (non-cotton)</td>
<td>• Menstrual products (we’ll have extra, but bring what you need!)</td>
</tr>
<tr>
<td>• Athletic shorts (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>• Synthetic/athletic hiking pants (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>• Long underwear or other warm pant (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>• Long-sleeved shirt/tight warm layer (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>• Fleece jacket/big warm layer (non-cotton)</td>
<td></td>
</tr>
</tbody>
</table>

**Cabin Camping and Nature Literature**

**Important:** For all trips, **make sure to bring the required number of water bottles!** It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your cabin might not be close to water.

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.
We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many of the cabins have an approach which does not facilitate wheeled suitcases.

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Sleeping bag in a stuff sack (30 degrees or better)</td>
<td>• Baseball cap/sun hat</td>
</tr>
<tr>
<td>• Duffel bag, backpack, or bag to carry things in (at least 50 liters)</td>
<td>• Warm hat</td>
</tr>
<tr>
<td>• Small day pack/backpack for optional day hikes</td>
<td>• Pocket knife</td>
</tr>
<tr>
<td>• Sneakers that are broken in (or hiking boots, if you already have them)</td>
<td>• Small camera</td>
</tr>
<tr>
<td>• 2 pairs synthetic/wool socks</td>
<td>• Sunglasses</td>
</tr>
<tr>
<td>• Rain jacket</td>
<td>• Wind or rain pants</td>
</tr>
<tr>
<td>• Headlamp or flashlight and 1 set extra batteries</td>
<td>• Journal</td>
</tr>
<tr>
<td>• 2 or more 1-liter water bottles</td>
<td>• One pair camp shoes (sneakers, crocs, or sport sandals)</td>
</tr>
<tr>
<td>• Toothbrush, small toothpaste</td>
<td>• Sunscreen</td>
</tr>
<tr>
<td>• Necessary medications (including an Epi-Pen, if you carry one)</td>
<td>• Insect repellent</td>
</tr>
<tr>
<td>• Spork/Spoon + Fork</td>
<td>• Book</td>
</tr>
<tr>
<td>• Plastic or metal bowl for food</td>
<td>• Sunglasses</td>
</tr>
<tr>
<td>• 2 t-shirts/athletic shirts (non-cotton)</td>
<td>• Wind or rain pants</td>
</tr>
<tr>
<td>• 3 pairs underwear (non-cotton)</td>
<td>• Journal</td>
</tr>
<tr>
<td>• Athletic shorts (non-cotton)</td>
<td>• One pair camp shoes (sneakers, crocs, or sport sandals)</td>
</tr>
<tr>
<td>• Synthetic/athletic hiking pants (non-cotton)</td>
<td>• Sunscreen</td>
</tr>
<tr>
<td>• Long underwear or other warm pant (non-cotton)</td>
<td>• Insect repellent</td>
</tr>
<tr>
<td>• Long-sleeved shirt/tight warm layer (non-cotton)</td>
<td>• Book</td>
</tr>
<tr>
<td>• Fleece jacket/big warm layer (non-cotton)</td>
<td>• Ear plugs and eye mask</td>
</tr>
</tbody>
</table>

**Cabin Camping and Nature Photography**

*Important: For all trips, make sure to bring the required number of water bottles!* It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your cabin might not be close to water.

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.
We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many of the cabins have an approach which does not facilitate wheeled suitcases.

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Sleeping bag in a stuff sack (30 degrees or better)</td>
<td>● Camera (if you own one already!)</td>
</tr>
<tr>
<td>● Duffel bag, backpack, or bag to carry things in (at least 50 liters)</td>
<td>● Baseball cap/sun hat</td>
</tr>
<tr>
<td>● Small day pack/backpack for optional day hikes</td>
<td>● Warm hat</td>
</tr>
<tr>
<td>● Sneakers that are broken in (or hiking boots, if you already have them)</td>
<td>● Pocket knife</td>
</tr>
<tr>
<td>● 2 pairs synthetic/wool socks</td>
<td>● Small camera</td>
</tr>
<tr>
<td>● Rain jacket</td>
<td>● Sunglasses</td>
</tr>
<tr>
<td>● Headlamp or flashlight and 1 set extra batteries</td>
<td>● Wind or rain pants</td>
</tr>
<tr>
<td>● 2 or more 1-liter water bottles</td>
<td>● Journal</td>
</tr>
<tr>
<td>● Toothbrush, small toothpaste</td>
<td>● One pair camp shoes (sneakers, crocs, or sport sandals)</td>
</tr>
<tr>
<td>● Necessary medications (including an Epi-Pen, if you carry one)</td>
<td>● Sunscreen</td>
</tr>
<tr>
<td>● Spork/Spoon + Fork</td>
<td>● Insect repellent</td>
</tr>
<tr>
<td>● Plastic or metal bowl for food</td>
<td>● Book</td>
</tr>
<tr>
<td>● 2 t-shirts/athletic shirts (non-cotton)</td>
<td>● Sunscreen</td>
</tr>
<tr>
<td>● 3 pairs underwear (non-cotton)</td>
<td>● Wind or rain pants</td>
</tr>
<tr>
<td>● Athletic shorts (non-cotton)</td>
<td>● Journal</td>
</tr>
<tr>
<td>● Synthetic/athletic hiking pants (non-cotton)</td>
<td>● One pair camp shoes (sneakers, crocs, or sport sandals)</td>
</tr>
<tr>
<td>● Long underwear or other warm pant (non-cotton)</td>
<td>● Pocket knife</td>
</tr>
<tr>
<td>● Long-sleeved shirt/tight warm layer (non-cotton)</td>
<td>● Small camera</td>
</tr>
<tr>
<td>● Fleece jacket/big warm layer (non-cotton)</td>
<td>● Sunglasses</td>
</tr>
</tbody>
</table>

**Cabin Camping and Yoga**

*Important: For all trips, make sure to bring the required number of water bottles!* It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your cabin might not be close to water.

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many of the cabins have an approach which does not facilitate wheeled suitcases.
### Required
- Sleeping bag in a stuff sack (30 degrees or better)
- Duffel bag, backpack, or bag to carry things in (at least 50 liters)
- Small day pack/backpack for optional day hikes
- Sneakers that are broken in (or hiking boots, if you already have them)
- 2 pairs synthetic/wool socks
- Rain jacket
- Headlamp or flashlight and 1 set extra batteries
- 2 or more 1-liter water bottles
- Toothbrush, small toothpaste
- Necessary medications (including an Epi-Pen, if you carry one)
- Spork/Spoon + Fork
- Plastic or metal bowl for food
- 2 t-shirts/athletic shirts (non-cotton)
- 3 pairs underwear (non-cotton)
- Athletic shorts (non-cotton)
- Synthetic/athletic hiking pants (non-cotton)
- Long underwear or other warm pant (non-cotton)
- Long-sleeved shirt/tight warm layer (non-cotton)
- Fleece jacket/big warm layer (non-cotton)

### Optional
- Yoga mat (if you own one already)
- Baseball cap/sun hat
- Warm hat
- Pocket knife
- Small camera
- Sunglasses
- Wind or rain pants
- Journal
- One pair camp shoes (sneakers, crocs, or sport sandals)
- Sunscreen
- Insect repellent
- Book
- Ear plugs and eye mask
- Menstrual products (we'll have extra, but bring what you need!)

### Cabin Camping and Jamming

**Important:** For all trips, **make sure to bring the required number of water bottles!** It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your cabin might not be close to water.

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many of the cabins have an approach which does not facilitate wheeled suitcases.
### Required
- Sleeping bag in a stuff sack (30 degrees or better)
- Duffel bag, backpack, or bag to carry things in (at least 50 liters)
- Small day pack/backpack for optional day hikes
- Sneakers that are broken in (or hiking boots, if you already have them)
- 2 pairs synthetic/wool socks
- Rain jacket
- Headlamp or flashlight and 1 set extra batteries
- **2 or more 1-liter water bottles**
- Toothbrush, small toothpaste
- Necessary medications (including an Epi-Pen, if you carry one)
- Spork/Spoon + Fork
- Plastic or metal bowl for food
- 2 t-shirts/athletic shirts (non-cotton)
- 3 pairs underwear (non-cotton)
- Athletic shorts (non-cotton)
- Synthetic/athletic hiking pants (non-cotton)
- Long underwear or other warm pant (non-cotton)
- Long-sleeved shirt/tight warm layer (non-cotton)
- Fleece jacket/big warm layer (non-cotton)

### Optional
- Instrument you feel comfortable bringing (e.g. guitars, drums, harmonicas, ukuleles)
- Baseball cap/sun hat
- Warm hat
- Pocket knife
- Small camera
- Sunglasses
- Wind or rain pants
- Journal
- One pair camp shoes (sneakers, crocs, or sport sandals)
- Sunscreen
- Insect repellent
- Book
- Ear plugs and eye mask
- Menstrual products (we’ll have extra, but bring what you need!)

### Cabin Camping and Cooking

**Important:** For all trips, **make sure to bring the required number of water bottles!** It might seem like too many, but believe us, it’s important.

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many of the cabins have an approach which does not facilitate wheeled suitcases.

### Required

### Optional
- Baseball cap/sun hat
- Sleeping bag in a stuff sack (30 degrees or better)
- Duffel bag, backpack, or bag to carry things in (at least 50 liters)
- Small day pack/backpack for optional day hikes
- Sneakers that are broken in (or hiking boots, if you already have them)
- 2 pairs synthetic/wool socks
- Rain jacket
- Headlamp or flashlight and 1 set extra batteries
- **2 or more 1-liter water bottles**
- Toothbrush, small toothpaste
- Necessary medications (including an Epi-Pen, if you carry one)
- Spork/Spoon + Fork
- Plastic or metal bowl for food
- 2 t-shirts/athletic shirts (non-cotton)
- 3 pairs underwear (non-cotton)
- Athletic shorts (non-cotton)
- Synthetic/athletic hiking pants (non-cotton)
- Long underwear or other warm pant (non-cotton)
- Long-sleeved shirt/tight warm layer (non-cotton)
- Fleece jacket/big warm layer (non-cotton)
- Warm hat
- Pocket knife
- Small camera
- Sunglasses
- Wind or rain pants
- Journal
- One pair camp shoes (sneakers, crocs, or sport sandals)
- Sunscreen
- Insect repellent
- Book
- Ear plugs and eye mask
- Menstrual products (we’ll have extra, but bring what you need!)

### Frisbee and Field-Day

**Important:** For all trips, **make sure to bring the required number of water bottles!** It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your cabin might not be close to water.

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many of the cabins have an approach which does not facilitate wheeled suitcases.
<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Sleeping bag in a stuff sack (30 degrees or better)</td>
<td>● Frisbees (if you have ones you want to bring)</td>
</tr>
<tr>
<td>● Duffel bag, backpack, or bag to carry things in (at least 50 liters)</td>
<td>● Baseball cap/sun hat</td>
</tr>
<tr>
<td>● Small day pack/backpack for optional day hikes</td>
<td>● Warm hat</td>
</tr>
<tr>
<td>● Sneakers that are broken in (or hiking boots, if you already have them)</td>
<td>● Pocket knife</td>
</tr>
<tr>
<td>● 2 pairs synthetic/wool socks</td>
<td>● Small camera</td>
</tr>
<tr>
<td>● Rain jacket</td>
<td>● Sunglasses</td>
</tr>
<tr>
<td>● Headlamp or flashlight and 1 set extra batteries</td>
<td>● Wind or rain pants</td>
</tr>
<tr>
<td>● 2 or more 1-liter water bottles</td>
<td>● Journal</td>
</tr>
<tr>
<td>● Toothbrush, small toothpaste</td>
<td>● One pair camp shoes (sneakers, crocs, or sport sandals)</td>
</tr>
<tr>
<td>● Necessary medications (including an Epi-Pen, if you carry one)</td>
<td>● Sunscreen</td>
</tr>
<tr>
<td>● Spork/Spoon + Fork</td>
<td>● Insect repellent</td>
</tr>
<tr>
<td>● Plastic or metal bowl for food</td>
<td>● Book</td>
</tr>
<tr>
<td>● 2 t-shirts/athletic shirts (non-cotton)</td>
<td>● Ear plugs and eye mask</td>
</tr>
<tr>
<td>● 3 pairs underwear (non-cotton)</td>
<td>● Bathing suit</td>
</tr>
<tr>
<td>● Athletic shorts (non-cotton)</td>
<td>● Small towel</td>
</tr>
<tr>
<td>● Synthetic/athletic hiking pants (non-cotton)</td>
<td>● Menstrual products (we'll have extra, but bring what you need!)</td>
</tr>
<tr>
<td>● Long underwear or other warm pant (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>● Long-sleeved shirt/tight warm layer (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>● Fleece jacket/big warm layer (non-cotton)</td>
<td></td>
</tr>
</tbody>
</table>

**Nature Exploration and Ecology**

*Important: For all trips, make sure to bring the required number of water bottles!* It might seem like too many, but believe us, it’s important.

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many of the cabins have an approach which does not facilitate wheeled suitcases.
- Sleeping bag in a stuff sack (30 degrees or better)
- Duffel bag, backpack, or bag to carry things in (at least 50 liters)
- Small day pack/backpack for optional day hikes
- Sneakers that are broken in (or hiking boots, if you already have them)
- 2 pairs synthetic/wool socks
- Rain jacket
- Headlamp or flashlight and 1 set extra batteries
- 2 or more 1-liter water bottles
- Toothbrush, small toothpaste
- Necessary medications (including an Epi-Pen, if you carry one)
- Spork/Spoon + Fork
- Plastic or metal bowl for food
- 2 t-shirts/athletic shirts (non-cotton)
- 3 pairs underwear (non-cotton)
- Athletic shorts (non-cotton)
- Synthetic/athletic hiking pants (non-cotton)
- Long underwear or other warm pant (non-cotton)
- Long-sleeved shirt/tight warm layer (non-cotton)
- Fleece jacket/big warm layer (non-cotton)
- Notebook and Pencil

- Warm hat
- Pocket knife
- Small camera
- Sunglasses
- Wind or rain pants
- Journal
- One pair camp shoes (sneakers, crocs, or sport sandals)
- Sunscreen
- Insect repellent
- Book
- Ear plugs and eye mask
- Menstrual products (we’ll have extra, but bring what you need!)

**Fly Fishing**

*Important: For all trips, make sure to bring the required number of water bottles!* It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to water.

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many of the cabins have an approach which does not facilitate wheeled suitcases.

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
● Sleeping bag in a stuff sack (30 degrees or better)
● Duffel bag, backpack, or bag to carry things in (at least 50 liters)
● Small day pack/backpack for optional day hikes
● Sneakers that are broken in (or hiking boots, if you already have them)
● 2 pairs synthetic/wool socks
● Rain jacket
● Headlamp or flashlight and 1 set extra batteries
● 2 or more 1-liter water bottles
● Toothbrush, small toothpaste
● Necessary medications (including an Epi-Pen, if you carry one)
● Spork/Spoon + Fork
● Plastic or metal bowl for food
● 2 t-shirts/athletic shirts (non-cotton)
● 3 pairs underwear (non-cotton)
● Athletic shorts (non-cotton)
● Synthetic/athletic hiking pants (non-cotton)
● Long underwear or other warm pant (non-cotton)
● Long-sleeved shirt/tight warm layer (non-cotton)
● Fleece jacket/big warm layer (non-cotton)

● Fishing equipment (if you already have that you want to use – not expected!)
● Baseball cap/sun hat
● Warm hat
● Pocket knife
● Small camera
● Sunglasses
● Wind or rain pants
● Journal
● One pair camp shoes (sneakers, crocs, or sport sandals)
● Water shoes (recommended!)
● Sunscreen
● Insect repellent
● Book
● Ear plugs and eye mask
● Bathing suit
● Small towel
● Menstrual products (we’ll have extra, but bring what you need!)

Survivor and Survival Skills

Important: For all trips, **make sure to bring the required number of water bottles!** It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to water.

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many of the cabins have an approach which does not facilitate wheeled suitcases.

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>● Baseball cap/sun hat</td>
</tr>
</tbody>
</table>
- Sleeping bag in a stuff sack (30 degrees or better)
- Duffel bag, backpack, or bag to carry things in (at least 50 liters)
- Small day pack/backpack for optional day hikes
- Sneakers that are broken in (or hiking boots, if you already have them)
- 2 pairs synthetic/wool socks
- Rain jacket
- Headlamp or flashlight and 1 set extra batteries
- 2 or more 1-liter water bottles
- Toothbrush, small toothpaste
- Necessary medications (including an Epi-Pen, if you carry one)
- Spork/Spoon + Fork
- Plastic or metal bowl for food
- 2 t-shirts/athletic shirts (non-cotton)
- 3 pairs underwear (non-cotton)
- Athletic shorts (non-cotton)
- Synthetic/athletic hiking pants (non-cotton)
- Long underwear or other warm pant (non-cotton)
- Long-sleeved shirt/tight warm layer (non-cotton)
- Fleece jacket/big warm layer (non-cotton)

- Warm hat
- Pocket knife
- Small camera
- Sunglasses
- Wind or rain pants
- Journal
- One pair camp shoes (sneakers, crocs, or sport sandals)
- Sunscreen
- Insect repellent
- Book
- Ear plugs and eye mask
- Bathing suit
- Small towel
- Menstrual products (we'll have extra, but bring what you need!)

---

**Canoeing**

*Important: For all trips, make sure to bring the required number of water bottles! It might seem like too many, but believe us, it's important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to potable water.*

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ¼ of your bag for these items. For all water-based trips, paddles, boats, and other safety equipment will be provided.

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Synthetic/down sleeping bag in a stuff sack</td>
<td>- Baseball cap/sun hat</td>
</tr>
</tbody>
</table>
sack (30 degrees or better)
- Sleeping pad
- Duffel bag, backpack, or bag to carry things in (at least 50 liters) – dry bags are ideal if you already have them
- Sneakers
- Water shoes/shoes you can get wet (chacos, tevas, crocs, extra sneakers, etc, *but not flip-flops*)
- 2 pairs synthetic/wool socks
- Rain jacket
- Headlamp or flashlight and 1 set extra batteries
- **2 or more 1-liter water bottles**
- Toothbrush, small toothpaste
- Necessary medications (including an Epi-Pen, if you are prescribed one)
- Spork/Spoon + Fork
- Plastic or metal bowl for food
- 2 t-shirts/athletic shirts (non-cotton)
- 3 pairs underwear (non-cotton)
- Athletic shorts (non-cotton)
- Bathing suit or shorts for swimming
- Synthetic/athletic hiking pants (non-cotton)
- Long underwear or other warm pants (non-cotton)
- Long-sleeved shirt/tight warm layer (non-cotton)
- Fleece jacket/big warm layer (non-cotton)
- Warm hat
- Pocket knife
- Small camera
- Sunglasses
- Wind or rain pants
- Biking gloves – to prevent blisters when paddling
- Journal
- Sunscreen
- Insect repellent
- Book
- Ear plugs and eye mask
- Small towel
- Menstrual products (we’ll have extra, but bring what you need!)

### Flatwater Kayaking

*Important: For all trips, make sure to bring the required number of water bottles!* It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to potable water.

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

For all water-based trips, paddles, boats, and other safety equipment will be provided.

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
- Synthetic/down sleeping bag in a stuff sack (30 degrees or better)
- Sleeping pad
- Duffel bag, backpack, or bag to carry things in (at least 50 liters) – dry bags are ideal if you already have them
- Sneakers
- Water shoes/shoes you can get wet (chacos, tevas, crocs, extra sneakers, etc, but not flip-flops)
- 2 pairs synthetic/wool socks
- Rain jacket
- Headlamp or flashlight and 1 set extra batteries
- 2 or more 1-liter water bottles
- Toothbrush, small toothpaste
- Necessary medications (including an Epi-Pen, if you are prescribed one)
- Spork/Spoon + Fork
- Plastic or metal bowl for food
- 2 t-shirts/athletic shirts (non-cotton)
- 3 pairs underwear (non-cotton)
- Athletic shorts (non-cotton)
- Bathing suit or shorts for swimming
- Synthetic/athletic hiking pants (non-cotton)
- Long underwear or other warm pants (non-cotton)
- Long-sleeved shirt/tight warm layer (non-cotton)
- Fleece jacket/big warm layer (non-cotton)

- Baseball cap/sun hat
- Warm hat
- Pocket knife
- Small camera
- Sunglasses
- Wind or rain pants
- Biking gloves – to prevent blisters when paddling
- Journal
- Sunscreen
- Insect repellent
- Book
- Ear plugs and eye mask
- Small towel
- Menstrual products (we'll have extra, but bring what you need!)

**Whitewater Canoeing**

*Important: For all trips, make sure to bring the required number of water bottles!* It might seem like too many, but believe us, it's important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to potable water.

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

For all water-based trips, paddles, boats, and other safety equipment will be provided.
### Required
- Synthetic/down sleeping bag in a stuff sack (30 degrees or better)
- Sleeping pad
- Duffel bag, backpack, or bag to carry things in (at least 50 liters) – dry bags are ideal if you already have them
- Sneakers
- Water shoes/shoes you can get wet (chacos, tevas, crocs, extra sneakers, etc, but not flip-flops)
- 2 pairs synthetic/wool socks
- Rain jacket
- Headlamp or flashlight and 1 set extra batteries
- **2 or more 1-liter water bottles**
- Toothbrush, small toothpaste
- Necessary medications (including an Epi-Pen, if you are prescribed one)
- Spork/Spoon + Fork
- Plastic or metal bowl for food
- 2 t-shirts/athletic shirts (non-cotton)
- 3 pairs underwear (non-cotton)
- Athletic shorts (non-cotton)
- Bathing suit or shorts for swimming
- Synthetic/athletic hiking pants (non-cotton)
- Long underwear or other warm pants (non-cotton)
- Long-sleeved shirt/tight warm layer (non-cotton)
- Fleece jacket/big warm layer (non-cotton)

### Optional
- Baseball cap/sun hat
- Warm hat
- Pocket knife
- Small camera
- Sunglasses
- Wind or rain pants
- Biking gloves – to prevent blisters when paddling
- Journal
- Sunscreen
- Insect repellent
- Book
- Ear plugs and eye mask
- Small towel
- Menstrual products (we’ll have extra, but bring what you need!)

---

**Paddleboarding**

*Important: For all trips, make sure to bring the required number of water bottles! It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to potable water.*

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

For all water-based trips, paddles, boats, and other safety equipment will be provided.
### Required
- Synthetic/down sleeping bag in a stuff sack (30 degrees or better)
- Sleeping pad
- Duffel bag, backpack, or bag to carry things in (at least 50 liters) – dry bags are ideal if you already have them
- Sneakers
- Water shoes/shoes you can get wet (chacos, tevas, crocs, extra sneakers, etc, but not flip-flops)
- 2 pairs synthetic/wool socks
- Rain jacket
- Headlamp or flashlight and 1 set extra batteries
- **2 or more 1-liter water bottles**
- Toothbrush, small toothpaste
- Necessary medications (including an Epi-Pen, if you are prescribed one)
- Spork/Spoon + Fork
- Plastic or metal bowl for food
- 2 t-shirts/athletic shirts (non-cotton)
- 3 pairs underwear (non-cotton)
- Athletic shorts (non-cotton)
- Bathing suit or shorts for swimming
- Synthetic/athletic hiking pants (non-cotton)
- Long underwear or other warm pants (non-cotton)
- Long-sleeved shirt/tight warm layer (non-cotton)
- Fleece jacket/big warm layer (non-cotton)

### Optional
- Baseball cap/sun hat
- Warm hat
- Pocket knife
- Small camera
- Sunglasses
- Wind or rain pants
- Biking gloves – to prevent blisters when paddling
- Journal
- Sunscreen
- Insect repellent
- Book
- Ear plugs and eye mask
- Small towel
- Menstrual products (we’ll have extra, but bring what you need!)

---

**Grant Exploration**

*Important: For all trips, make sure to bring the required number of water bottles! It might seem like too many, but believe us, it's important. You need water to cook and wash dishes, and depending on your trip, your cabin might not be close to water.*

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many of the cabins have an approach which does not facilitate wheeled suitcases.
### Required
- Sleeping bag in a stuff sack (30 degrees or better)
- Duffel bag, backpack, or bag to carry things in (at least 50 liters)
- Small day pack/backpack for optional day hikes
- Sneakers that are broken in (or hiking boots, if you already have them)
- 2 pairs synthetic/wool socks
- Rain jacket
- Headlamp or flashlight and 1 set extra batteries
- **2 or more 1-liter water bottles**
- Toothbrush, small toothpaste
- Necessary medications (including an Epi-Pen, if you carry one)
- Spork/Spoon + Fork
- Plastic or metal bowl for food
- Swimsuit and towel
- 2 t-shirts/athletic shirts (non-cotton)
- 3 pairs underwear (non-cotton)
- Athletic shorts (non-cotton)
- Synthetic/athletic hiking pants (non-cotton)
- Long underwear or other warm pant (non-cotton)
- Long-sleeved shirt/tight warm layer (non-cotton)
- Fleece jacket/big warm layer (non-cotton)

### Optional
- Baseball cap/sun hat
- Warm hat
- Pocket knife
- Small camera
- Sunglasses
- Wind or rain pants
- Journal
- One pair camp shoes (sneakers, crocs, or sport sandals)
- Water shoes
- Sunscreen
- Insect repellent
- Book
- Ear plugs and eye mask
- Menstrual products (we’ll have extra, but bring what you need!)

### Climb and Hike

**Important:** For all trips, **make sure to bring the required number of water bottles!** It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to water.

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

All rock climbing gear will be provided.
**Required**
- Synthetic/down sleeping bag in a stuff sack (30 degrees or warmer)
- Sleeping pad
- Frame pack (55+ liter)
- Sturdy sneakers or hiking boots
- 2 pairs synthetic/wool socks
- Rain jacket
- Headlamp or flashlight and 1 set extra batteries
- **AT LEAST three (3), 1-liter water bottles**
- Toothbrush, toothpaste
- Necessary medications (including Epi-Pen, if you are prescribed one)
- Spork/Spoon + Fork
- Plastic or metal bowl for food
- 2 t-shirts/athletic shirts (non-cotton)
- 3 pairs underwear (non-cotton)
- Athletic shorts (non-cotton)
- Synthetic/athletic hiking pants (non-cotton)
- Long underwear, joggers or leggings (non-cotton)
- Long-sleeved shirt/tight warm layer (non-cotton)
- Fleece jacket/big warm layer (non-cotton)

**Optional**
- Climbing shoes (only bring if you own already!)
- Baseball cap/sun hat
- Pocket knife
- Small camera
- Sunglasses
- Wind or rain pants
- Journal
- One pair camp shoes (sneakers, crocs, or sport sandals)
- Sunscreen
- Insect repellent
- Book
- Ear plugs and eye mask
- Menstrual products (we’ll have extra, but bring what you need!)

---

**Hike and Yoga**

*Important: For all trips, make sure to bring the required number of water bottles! It might seem like too many, but believe us, it's important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to water.*

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

---

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Synthetic/down sleeping bag in a stuff sack (30 degrees or warmer)</td>
<td>- Yoga mat (if you already own)</td>
</tr>
<tr>
<td>- Sleeping pad</td>
<td>- Baseball cap/sun hat</td>
</tr>
<tr>
<td>- Frame pack (55+ liter)</td>
<td>- Pocket knife</td>
</tr>
<tr>
<td>- Sturdy sneakers or hiking boots</td>
<td>- Small camera</td>
</tr>
<tr>
<td>- 2 pairs synthetic/wool socks</td>
<td>- Sunglasses</td>
</tr>
<tr>
<td></td>
<td>- Wind or rain pants</td>
</tr>
</tbody>
</table>
- Rain jacket
- Headlamp or flashlight and 1 set extra batteries
- **AT LEAST three (3), 1-liter water bottles**
- Toothbrush, toothpaste
- Necessary medications (including Epi-Pen, if you are prescribed one)
- Spork/Spoon + Fork
- Plastic or metal bowl for food
- 2 t-shirts/athletic shirts (non-cotton)
- 3 pairs underwear (non-cotton)
- Athletic shorts (non-cotton)
- Synthetic/athletic hiking pants (non-cotton)
- Long underwear, joggers or leggings (non-cotton)
- Long-sleeved shirt/tight warm layer (non-cotton)
- Fleece jacket/big warm layer (non-cotton)
- Journal
- One pair camp shoes (sneakers, crocs, or sport sandals)
- Sunscreen
- Insect repellent
- Book
- Ear plugs and eye mask
- Menstrual products (we'll have extra, but bring what you need!)

---

**Hiking (Less Strenuous)**

*Important: For all trips, make sure to bring the required number of water bottles!* It might seem like too many, but believe us, it's important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to water.

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ¼ of your bag for these items.

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Synthetic/down sleeping bag in a stuff sack (30 degrees or warmer)</td>
<td>- Baseball cap/sun hat</td>
</tr>
<tr>
<td>- Sleeping pad</td>
<td>- Pocket knife</td>
</tr>
<tr>
<td>- Frame pack (55+ liter)</td>
<td>- Small camera</td>
</tr>
<tr>
<td>- Sturdy sneakers or hiking boots</td>
<td>- Sunglasses</td>
</tr>
<tr>
<td>- 2 pairs synthetic/wool socks</td>
<td>- Wind or rain pants</td>
</tr>
<tr>
<td>- Rain jacket</td>
<td>- Journal</td>
</tr>
<tr>
<td>- Headlamp or flashlight and 1 set extra batteries</td>
<td>- One pair camp shoes (sneakers, crocs, or sport sandals)</td>
</tr>
<tr>
<td><strong>AT LEAST three (3), 1-liter water bottles</strong></td>
<td>- Sunscreen</td>
</tr>
<tr>
<td>- Toothbrush, toothpaste</td>
<td>- Insect repellent</td>
</tr>
<tr>
<td>- Necessary medications (including</td>
<td>- Book</td>
</tr>
<tr>
<td>Epi-Pen, if you are prescribed one)</td>
<td>- Ear plugs and eye mask</td>
</tr>
</tbody>
</table>
Epi-Pen, if you are prescribed one)  
- Spork/Spoon + Fork  
- Plastic or metal bowl for food  
- 2 t-shirts/athletic shirts (non-cotton)  
- 3 pairs underwear (non-cotton)  
- Athletic shorts (non-cotton)  
- Synthetic/athletic hiking pants (non-cotton)  
- Long underwear, joggers or leggings (non-cotton)  
- Long-sleeved shirt/tight warm layer (non-cotton)  
- Fleece jacket/big warm layer (non-cotton)

- Menstrual products (we’ll have extra, but bring what you need!)

**Hiking (Moderately Strenuous)**

*Important: For all trips, make sure to bring the required number of water bottles!* It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to water.

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Synthetic/down sleeping bag in a stuff sack (30 degrees or warmer)</td>
<td>Baseball cap/sun hat</td>
</tr>
<tr>
<td>Sleeping pad</td>
<td>Pocket knife</td>
</tr>
<tr>
<td>Frame pack (55+ liter)</td>
<td>Small camera</td>
</tr>
<tr>
<td>Sturdy hiking boots</td>
<td>Sunglasses</td>
</tr>
<tr>
<td>2 pairs synthetic/wool socks</td>
<td>Wind or rain pants</td>
</tr>
<tr>
<td>Rain jacket</td>
<td>Journal</td>
</tr>
<tr>
<td>Headlamp or flashlight and 1 set extra batteries</td>
<td>One pair camp shoes (sneakers, crocs, or sport sandals)</td>
</tr>
<tr>
<td><strong>AT LEAST four (4), 1-liter water bottles or equivalent hydration pack</strong></td>
<td>Sunscreen</td>
</tr>
<tr>
<td>Toothbrush, toothpaste</td>
<td>Insect repellent</td>
</tr>
<tr>
<td>Necessary medications (including Epi-Pen, if you are prescribed one)</td>
<td>Book</td>
</tr>
<tr>
<td>Spork/Spoon + Fork</td>
<td>Ear plugs and eye mask</td>
</tr>
<tr>
<td>Plastic or metal bowl for food</td>
<td>Menstrual products (we’ll have extra, but bring what you need!)</td>
</tr>
<tr>
<td>2 t-shirts/athletic shirts (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>3 pairs underwear (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>Athletic shorts (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>Synthetic/athletic hiking pants</td>
<td></td>
</tr>
</tbody>
</table>
- Long underwear, joggers or leggings (non-cotton)
- Long-sleeved shirt/tight warm layer (non-cotton)
- Fleece jacket/big warm layer (non-cotton)
- Warm hat (seriously! It gets colder than you think)

**Hiking (More Strenuous)**

*Important: For all trips, make sure to bring the required number of water bottles!* It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to water.

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about \( \frac{1}{3} \) of your bag for these items.

<table>
<thead>
<tr>
<th><strong>Required</strong></th>
<th><strong>Optional</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Synthetic/down sleeping bag in a stuff sack (30 degrees or warmer)</td>
<td>- Baseball cap/sun hat</td>
</tr>
<tr>
<td>- Sleeping pad</td>
<td>- Pocket knife</td>
</tr>
<tr>
<td>- Frame pack (55+ liter)</td>
<td>- Small camera</td>
</tr>
<tr>
<td>- Sturdy hiking boots</td>
<td>- Sunglasses</td>
</tr>
<tr>
<td>- 2 pairs synthetic/wool socks</td>
<td>- Wind or rain pants</td>
</tr>
<tr>
<td>- Rain jacket</td>
<td>- Journal</td>
</tr>
<tr>
<td>- Headlamp or flashlight and 1 set extra batteries</td>
<td>- One pair camp shoes (sneakers, crocs, or sport sandals)</td>
</tr>
<tr>
<td><em>AT LEAST four (4), 1-liter water bottles or equivalent hydration pack</em></td>
<td>- Sunscreen</td>
</tr>
<tr>
<td>- Toothbrush, toothpaste</td>
<td>- Insect repellent</td>
</tr>
<tr>
<td>- Necessary medications (including Epi-Pen, if you are prescribed one)</td>
<td>- Book</td>
</tr>
<tr>
<td>- Spork/Spoon + Fork</td>
<td>- Ear plugs and eye mask</td>
</tr>
<tr>
<td>- Plastic or metal bowl for food</td>
<td>- Menstrual products (we’ll have extra, but bring what you need!)</td>
</tr>
<tr>
<td>- 2 t-shirts/athletic shirts (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>- 3 pairs underwear (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>- Athletic shorts (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>- Synthetic/athletic hiking pants (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>- Long underwear, joggers or leggings (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>- Long-sleeved shirt/tight warm layer (non-cotton)</td>
<td></td>
</tr>
</tbody>
</table>
• Fleece jacket/big warm layer (non-cotton)
• Warm hat (seriously – it gets cold).

Mountain Biking

Important: For all trips, **make sure to bring the required number of water bottles!** It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to water.

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

All mountain biking gear quill be provided

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Synthetic/down sleeping bag in a stuff sack (30 degrees or warmer)</td>
<td>• Compression shorts</td>
</tr>
<tr>
<td>• Sleeping pad</td>
<td>• Biking gloves (if you own already)</td>
</tr>
<tr>
<td>• Frame pack (55+ liter)</td>
<td>• Baseball cap/sun hat</td>
</tr>
<tr>
<td>• Sturdy sneakers or hiking boots – flat soled shoes like high-top vans are ideal.</td>
<td>• Pocket knife</td>
</tr>
<tr>
<td>• 2 pairs synthetic/wool socks</td>
<td>• Small camera</td>
</tr>
<tr>
<td>• Rain jacket</td>
<td>• Sunglasses</td>
</tr>
<tr>
<td>• Headlamp or flashlight and 1 set extra batteries</td>
<td>• Wind or rain pants</td>
</tr>
<tr>
<td>• <strong>AT LEAST three (3), 1-liter water bottles</strong></td>
<td>• Journal</td>
</tr>
<tr>
<td>• Toothbrush, toothpaste</td>
<td>• One pair camp shoes (sneakers, crocs, or sport sandals)</td>
</tr>
<tr>
<td>• Necessary medications (including Epi-Pen, if you are prescribed one)</td>
<td>• Sunscreen</td>
</tr>
<tr>
<td>• Spork/Spoon + Fork</td>
<td>• Insect repellent</td>
</tr>
<tr>
<td>• Plastic or metal bowl for food</td>
<td>• Book</td>
</tr>
<tr>
<td>• 2 t-shirts/athletic shirts (non-cotton)</td>
<td>• Ear plugs repellent</td>
</tr>
<tr>
<td>• 3 pairs underwear (non-cotton)</td>
<td>• Menstrual products (we’ll have extra, but bring what you need!)</td>
</tr>
</tbody>
</table>
Organic Farming

Important: For all trips, make sure to bring the required number of water bottles! It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to water.

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many campsites have an approach which does not facilitate wheeled suitcases.

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Synthetic/down sleeping bag in a stuff sack (30 degrees or warmer)</td>
<td>• Work gloves</td>
</tr>
<tr>
<td>• Sleeping pad</td>
<td>• Work pants</td>
</tr>
<tr>
<td>• Duffel bag, back pack, frame pack big enough to hold your stuff (55L+)</td>
<td>• Baseball cap/sun hat</td>
</tr>
<tr>
<td>• Sturdy sneakers or hiking boots</td>
<td>• Pocket knife</td>
</tr>
<tr>
<td>• 2 pairs synthetic/wool socks</td>
<td>• Small camera</td>
</tr>
<tr>
<td>• Rain jacket</td>
<td>• Sunglasses</td>
</tr>
<tr>
<td>• Headlamp or flashlight and 1 set extra batteries</td>
<td>• Wind or rain pants</td>
</tr>
<tr>
<td>• AT LEAST three (3), 1-liter water bottles</td>
<td>• Journal</td>
</tr>
<tr>
<td>• Toothbrush, toothpaste</td>
<td>• One pair camp shoes (sneakers, crocs, or sport sandals)</td>
</tr>
<tr>
<td>• Necessary medications (including Epi-Pen, if you are prescribed one)</td>
<td>• Sunscreen</td>
</tr>
<tr>
<td>• Spork/Spoon + Fork</td>
<td>• Insect repellent</td>
</tr>
<tr>
<td>• Plastic or metal bowl for food</td>
<td>• Book</td>
</tr>
<tr>
<td>• 2 t-shirts/athletic shirts (non-cotton)</td>
<td>• Ear plugs and eye mask</td>
</tr>
<tr>
<td>• 3 pairs underwear (non-cotton)</td>
<td>• Bathing suit</td>
</tr>
<tr>
<td>• Athletic shorts (non-cotton)</td>
<td>• Small towel</td>
</tr>
<tr>
<td>• Synthetic/athletic hiking pants (non-cotton)</td>
<td>• Menstrual products (we’ll have extra, but bring what you need!)</td>
</tr>
<tr>
<td>• Long underwear, joggers or leggings (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>• Long-sleeved shirt/tight warm layer (non-cotton)</td>
<td></td>
</tr>
<tr>
<td>• Fleece jacket/big warm layer (non-cotton)</td>
<td></td>
</tr>
</tbody>
</table>
Farm Hopping

**Important:** For all trips, **make sure to bring the required number of water bottles!** It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to water.

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many campsites have an approach which does not facilitate wheeled suitcases.

<table>
<thead>
<tr>
<th><strong>Required</strong></th>
<th><strong>Optional</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Synthetic/down sleeping bag in a stuff sack (30 degrees or warmer)</td>
<td>• Work gloves</td>
</tr>
<tr>
<td>• Sleeping pad</td>
<td>• Work pants</td>
</tr>
<tr>
<td>• Duffel bag, back pack, frame pack big enough to hold your stuff (55L+)</td>
<td>• Baseball cap/sun hat</td>
</tr>
<tr>
<td>• Sturdy sneakers or hiking boots</td>
<td>• Pocket knife</td>
</tr>
<tr>
<td>• 2 pairs synthetic/wool socks</td>
<td>• Small camera</td>
</tr>
<tr>
<td>• Rain jacket</td>
<td>• Sunglasses</td>
</tr>
<tr>
<td>• Headlamp or flashlight and 1 set extra batteries</td>
<td>• Wind or rain pants</td>
</tr>
<tr>
<td>• <strong>AT LEAST</strong> three (3), 1-liter water bottles</td>
<td>• Journal</td>
</tr>
<tr>
<td>• Toothbrush, toothpaste</td>
<td>• Insect repellent</td>
</tr>
<tr>
<td>• Necessary medications (including Epi-Pen, if you are prescribed one)</td>
<td>• Pocket knife</td>
</tr>
<tr>
<td>• Spork/Spoon + Fork</td>
<td>• Baseball cap/sun hat</td>
</tr>
<tr>
<td>• Plastic or metal bowl for food</td>
<td>• Small camera</td>
</tr>
<tr>
<td>• 2 t-shirts/athletic shirts (non-cotton)</td>
<td>• Sunglasses</td>
</tr>
<tr>
<td>• 3 pairs underwear (non-cotton)</td>
<td>• Wind or rain pants</td>
</tr>
<tr>
<td>• Athletic shorts (non-cotton)</td>
<td>• Insect repellent</td>
</tr>
<tr>
<td>• Synthetic/athletic hiking pants (non-cotton)</td>
<td>• Pocket knife</td>
</tr>
<tr>
<td>• Long underwear, joggers or leggings (non-cotton)</td>
<td>• Baseball cap/sun hat</td>
</tr>
<tr>
<td>• Long-sleeved shirt/tight warm layer (non-cotton)</td>
<td>• Small towel</td>
</tr>
<tr>
<td>• Fleece jacket/big warm layer (non-cotton)</td>
<td>• Menstrual products (we’ll have extra, but bring what you need!)</td>
</tr>
</tbody>
</table>

35
Social Impact

Important: For all trips, make sure to bring the required number of water bottles! It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to water.

When packing your bag, remember that you’ll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

We strongly recommend a duffel bag or backpack which can be carried rather than a suitcase. Many campsites have an approach which does not facilitate wheeled suitcases.

### Required
- Synthetic/down sleeping bag in a stuff sack (30 degrees or warmer)
- Sleeping pad
- Duffel bag, back pack, frame pack big enough to hold your stuff (55L+)
- Sturdy sneakers or hiking boots
- 2 pairs synthetic/wool socks
- Rain jacket
- Headlamp or flashlight and 1 set extra batteries
- **AT LEAST three (3), 1-liter water bottles**
- Toothbrush, toothpaste
- Necessary medications (including Epi-Pen, if you are prescribed one)
- Spork/Spoon + Fork
- Plastic or metal bowl for food
- 2 t-shirts/athletic shirts (non-cotton)
- 3 pairs underwear (non-cotton)
- Athletic shorts (non-cotton)
- Synthetic/athletic hiking pants (non-cotton)
- Long underwear, joggers or leggings (non-cotton)
- Long-sleeved shirt/tight warm layer (non-cotton)
- Fleece jacket/big warm layer (non-cotton)

### Optional
- Work gloves
- Baseball cap/sun hat
- Pocket knife
- Small camera
- Sunglasses
- Wind or rain pants
- Journal
- One pair camp shoes (sneakers, crocs, or sport sandals)
- Sunscreen
- Insect repellent
- Book
- Ear plugs and eye mask
- Bathing suit
- Small towel
- Menstrual products (we’ll have extra, but bring what you need!)
Museum Exploration

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about $\frac{1}{3}$ of your bag for these items.

<table>
<thead>
<tr>
<th><strong>Required</strong></th>
<th><strong>Optional</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>● Sleeping bag in a stuff sack (30 degrees or better)</td>
<td>● Baseball cap/sun hat</td>
</tr>
<tr>
<td>● Small day pack/backpack for optional day hikes</td>
<td>● Warm hat</td>
</tr>
<tr>
<td>● Sneakers that are broken in (or hiking boots, if you already have them)</td>
<td>● Pocket knife</td>
</tr>
<tr>
<td>● Rain jacket</td>
<td>● Small camera</td>
</tr>
<tr>
<td>● 1 liter water bottle</td>
<td>● Sunglasses</td>
</tr>
<tr>
<td>● Toothbrush, small toothpaste</td>
<td>● Journal</td>
</tr>
<tr>
<td>● Necessary medications (including an Epi-Pen, if you carry one)</td>
<td>● Sunscreen</td>
</tr>
<tr>
<td>● Spork/Spoon + Fork</td>
<td>● Insect repellent</td>
</tr>
<tr>
<td>● Clothes to be comfortable!</td>
<td>● Book</td>
</tr>
</tbody>
</table>

Geocaching

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about $\frac{1}{5}$ of your bag for these items.

<table>
<thead>
<tr>
<th><strong>Required</strong></th>
<th><strong>Optional</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>● Sleeping bag in a stuff sack (30 degrees or better)</td>
<td>● Baseball cap/sun hat</td>
</tr>
<tr>
<td>● Small day pack/backpack for optional day hikes</td>
<td>● Warm hat</td>
</tr>
<tr>
<td>● Sneakers that are broken in (or hiking boots, if you already have them)</td>
<td>● Pocket knife</td>
</tr>
<tr>
<td>● Rain jacket</td>
<td>● Small camera</td>
</tr>
<tr>
<td>● 1 liter water bottle</td>
<td>● Sunglasses</td>
</tr>
<tr>
<td>● Toothbrush, small toothpaste</td>
<td>● Journal</td>
</tr>
<tr>
<td>● Necessary medications (including an Epi-Pen, if you carry one)</td>
<td>● Sunscreen</td>
</tr>
<tr>
<td>● Spork/Spoon + Fork</td>
<td>● Insect repellent</td>
</tr>
<tr>
<td>● Clothes to be comfortable!</td>
<td>● Book</td>
</tr>
<tr>
<td></td>
<td>● Menstrual products (we'll have extra, but bring what you need!)</td>
</tr>
</tbody>
</table>
Fashion and Sustainable Design

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

### Required
- Sleeping bag in a stuff sack (30 degrees or better)
- Small day pack/backpack for optional day hikes
- Sneakers that are broken in (or hiking boots, if you already have them)
- Rain jacket
- 1 liter water bottle
- Toothbrush, small toothpaste
- Necessary medications (including an Epi-Pen, if you carry one)
- Spork/Spoon + Fork
- Clothes to be comfortable!

### Optional
- Baseball cap/sun hat
- Warm hat
- Pocket knife
- Small camera
- Sunglasses
- Journal
- Sunscreen
- Insect repellent
- Book
- Menstrual products (we'll have extra, but bring what you need!)

---

Day-Hiking

*Important: For all trips, make sure to bring the required number of water bottles!* It might seem like too many, but believe us, it's important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to water.

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ⅓ of your bag for these items.

### Required
- Sleeping bag in a stuff sack (30 degrees or better)
- Small day pack/backpack for optional day hikes
- Sneakers that are broken in (or hiking boots, if you already have them)
- Rain jacket
- 2, 1-liter water bottles
- Toothbrush, small toothpaste
- Necessary medications (including an Epi-Pen, if you carry one)
- Spork/Spoon + Fork
- Clothes to be comfortable!

### Optional
- Baseball cap/sun hat
- Warm hat
- Pocket knife
- Small camera
- Sunglasses
- Journal
- Sunscreen
- Insect repellent
- Book
- Menstrual products (we'll have extra, but bring what you need!)
Day-Paddling

**Important:** For all trips, **make sure to bring the required number of water bottles!** It might seem like too many, but believe us, it’s important. You need water to cook and wash dishes, and depending on your trip, your campsite might not be close to water.

When packing your bag, remember that you'll need to carry some group gear and food in addition to your personal belongings so be sure to leave about ¼ of your bag for these items.

<table>
<thead>
<tr>
<th>Required</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Sleeping bag in a stuff sack (30 degrees or better)</td>
<td>• Baseball cap/sun hat</td>
</tr>
<tr>
<td>• Small day pack/backpack for optional day hikes</td>
<td>• Warm hat</td>
</tr>
<tr>
<td>• Sneakers that are broken in (or hiking boots, if you already have them)</td>
<td>• Pocket knife</td>
</tr>
<tr>
<td>• Rain jacket</td>
<td>• Small camera</td>
</tr>
<tr>
<td>• 2, 1-liter water bottles</td>
<td>• Sunglasses</td>
</tr>
<tr>
<td>• Toothbrush, small toothpaste</td>
<td>• Journal</td>
</tr>
<tr>
<td>• Necessary medications (including an Epi-Pen, if you carry one)</td>
<td>• Sunscreen</td>
</tr>
<tr>
<td>• Spork/Spoon + Fork</td>
<td>• Insect repellent</td>
</tr>
<tr>
<td>• Clothes to be comfortable!</td>
<td>• Book</td>
</tr>
<tr>
<td>o Non-cotton preferred</td>
<td>• Menstrual products (we’ll have extra, but bring what you need!)</td>
</tr>
<tr>
<td>o Layers in case of rain and wind.</td>
<td></td>
</tr>
</tbody>
</table>

Non-cotton preferred

Layers in case of rain and wind.