

ALL your gear must fit in your [hiking backpack](#) and a [soft sided duffel bag](#).

You may already have many of the items below. If you need to buy some others, we suggest you shop at a store that sells outdoor specific gear. Some that we suggest are:

[REI](#) [Amazon](#)

Wal-Mart/Target will have some items like inexpensive synthetic t-shirts,

Do NOT get raincoats/pants at Wal-Mart/Target – it will *not* meet our needs.

Gear List for Backpacking and Adventures

Item	Quantity needed	Notes LINKS are suggestions ONLY – you can choose other brands/styles.
Hiking Boots	1 pair	Should be waterproof and have a good tread Men's Boots – Women's Boots REI Expert Advice for Hiking Boots
Camp shoes	1 pair	Must strap on–not flip flops (Tennis shoes, crocs or chaco/teva are good)
Socks	4 pair	Should be synthetic - NOT Cotton
Long Pants (and/or leggings)	2 pair	Synthetic - NOT cotton or jeans Can be convertible into shorts Women often wear leggings.
Hiking shorts	1-2 pair	Synthetic -NOT Cotton. Built in underwear is best Women's Nikes shorts are popular
Short sleeve t-shirt	2-3	Synthetic. Walmart/Target has some for \$8-\$12
Long sleeve shirt	1	For chilly/buggy nights – avoid cotton
Long Underwear TOP/BOTTOM	1 pair	Yes it will likely get cold even in June (we had a little snow last year)
Fleece top or light sweater	1	It will get cool in the evenings
Waterproof shell rain jacket	1	Jacket must be “water PROOF” not just “water resistant” Some Water PROOF materials include: <i>Gore-Tex, eVent, Conduit, and REI Elements, TEK2.5</i> Marmot PreCip and REI brand are an affordable coat and pants that work very well Mens Jacket/Pants Womans Jacket/Pants Do NOT get brands like: FrogTog or Coleman or anything from WalMart type stores.
Gaiters (optional)	1 pair	Should be knee high We often get asked if this is a needed item. Yes, it is a good idea since it will keep your socks dry in rain and protect your legs and rain pants from getting cut up on ground brush.
Water shoes	1pair	Shoes you can wear in the water and get completely wet. (Can be same as camp shoes) You will wear these whitewater rafting
Hat	2 unless 1 can do both	1 for sun and 1 warm – baseball cap and a light warm hat (optional) Warm hat

Trekking poles	1 pair	These greatly help with hiking carrying the heavy backpack. Unless you are a very strong hiker these area a very wise investment.
Mosquito Net for head	1	Wal-mart usually carries this item
Gloves	1 pair	Warm - it got down to 36 degrees for us last summer
Item	Quantity needed	Notes
Sunglasses (optional)	1	Optional but a good idea
bowl	1	Lexon/plastic Only a bowl needed – no plate.
Spoon/Fork or spork	1	Lexon/plastic spork or spoon is best. No need for fork or knife.
Insulated plastic mug	1	16 oz is good for hot drinks
Water bottle	2	1 Liter is good
H2O Bladder (optional)	1	1-3 liters is good (optional but a good idea)
SMALL Knife/multitool	1	Swiss army or Leatherman type
Stuff sacks	3 or more	Keeps clothes, food & gear organized A small stuff sack full of clothes works as a pillow and then you have fresh clothes waiting in your tent in the morning
Lip balm	1	Small tube
TOILETRIES		
Camp towel	1	Small shammy type (car wash section at Wal-Mart)
Travel size comb/shampoo/soap/toothpaste/brush/etc.... You don't need a month's worth of shampoo for 3 showers. You won't need makeup or any dress clothes.		
Glasses/contact supplies		Small plastic bottles
Personal Hygiene wipes		" Wet Ones " and " Cottenelle moist wipes " are good
Personal Medications		REMEMBER inhalers and epi-pens if needed!!!!
Camera		Bring the battery charger too. Smart phones work too if you keep the screen off/dimmed. External power booster is a good idea too
headlamp		
Items that you WILL need (we can lend you these for FREE upon request):		
Large Hiking Backpack	1	About 4,000 – 5,000 +cubic inches in size – It must fit all of your gear PLUS 5 days of food and ½ a tent and some group gear and cooking gear/fuel.
Sleeping Bag	1	Synthetic or down rated to 20 degrees or lower. Should be a "mummy type" bag – not rectangle. NO cotton.
Sleeping pad	1	Foam or inflatable type. Full length is best.
Backpack rain cover	1	Must be Waterproof Ponchos or Garbage bags will NOT protect your gear/clothes/tent/sleeping bag etc...
Soft Sided Duffel Bag		
Day Pack		Your bookbag from school will be fine

Group Gear that WE WILL SUPPLY FOR YOU/THE GROUP

Tent	Stove/fuel	Food/Snacks	Water filter/treatment
Garbage & ziplock bags	Pots/pans/ cooking supplies		

Bear proof canisters for our food/ snacks/toiletries