

Pre-Orientation Wilderness Adventure Program

Gear List: Kayaking or Backpacking

Tops

- 1 Lightweight synthetic long sleeve shirt
- 1 Synthetic or cotton t-shirts
- 1 heavy-weight fleece or wool sweater
- 1 waterproof jacket
- 1 synthetic sports bra (women)

Bottoms

- 1 Lightweight synthetic pants (long underwear)
- 1 Heavyweight fleece/synthetic pants
- 1 Waterproof pants
- 2-4 Underwear, cotton or polyester fabric
- *poly will keep you drier if wet
- *cotton will breathe better if dry
- Your preference, try each if you wish
- 2-4 pair wool or synthetic hiking socks

Other Clothing

- Sun hat or Cap
- Hat- wool or fleece
- Camp shoes, closed-toed (old sneakers are fine)

Hygiene

- Toothbrush
- Toothpaste
- Baby wipes for face / body part cleaning
- Biodegradable soap, if desired
- Contact lens supply/back-up glasses
- Tampon or pad supply (bring twice as many as you typically use)

Personal Items

- Sunglasses
- Sunscreen
- Insect Repellent
- Headlamp or flashlight (with extra batteries)
- Bandanna (2 for women), or mini camp towel
- 2 water bottles (1 liter each)
- Bowl with lid, spoon (Tupperware is great)
- Insulated camping mug
- Journal, pen or pencil

Optional Items

- Camera
- Bug head net
- Compass
- Small book/journal
- Hiking gaiters

Do Not Bring

- Alcohol / drugs / cigarettes
- Large camping knives
- MP3 players, or other electronics
- Excessive toiletries or cosmetics, including deodorant – everybody will stink by the end!

Kayak Specific Gear

- Water shoes, something that can get wet (Crocs, Tevas or sandals work well)

Backpacking Specific Gear

- Hiking boots: for safety and performance these should have a $\frac{3}{4}$ shank and be full height (provide support above the ankle bone)

Be sure to ask about gear if you have any questions! Contact Program Director Doug Carty at cartyd@franklinpierce.edu