



Sea Islands Added Adventure Equipment List 2022

PURPOSE

Packing for your Added Adventure should be done with care to ensure you have all of the necessary clothing and equipment for a safe and fun trip. Each item on this list has been carefully selected and is required unless noted optional.

****You will find some of these items are already on the Camp packing list; we are emphasizing their importance here. There is no need to bring duplicates or pack separately. ****

CLOTHING CONSIDERATIONS

On your Added Adventure, you will layer clothing for warmth and protection from the elements. You will use synthetic fibers, such as polyester, fleece, and wool, which keep you warm when wet. You should **avoid cotton**, which is poor insulation when wet.

Layers: Our clothing list is based on the following layering principals;, known as the 4 W's.

- Δ **Base Layer: Wicking** – this layer wicks sweat and moisture away from your skin, keeping you from getting too cold. This will be your synthetic top and bottom layers.
- Δ **Light/Mid Weight Layer: Warmth** – This will be your fleece jacket/bottom layers. These layers create a space for warm air to be trapped, keeping you warm.
- Δ **Insulating Layer: More Warmth** – For those of us who get cold easily... same as above. This layer adds to the insulation keeping us warmer. This is an optional layer for this trip, Cumberland Island will be quite warm!
- Δ **Outer Layer: Weather** – This is the outermost layer and will protect us against wind, rain, and cold. Make sure this layer is breathable and **100% waterproof**.

ENF GEAR LENDING LIBRARY

Thanks to the generosity of Eagle's Nest Camp, Hante, and Outdoor Academy alumni, we have a supply of outdoor clothing and equipment to lend for your trip. If obtaining the items on this list poses a challenge for you, please reach out to Andrew (hante@enf.org). We will work with you confidentially to provide as much as we're able.

SHOPPING

If you have any questions about a piece of clothing or equipment, need help finding the right price, or would like to borrow or buy something from Eagle's Nest, please email Andrew at hante@enf.org. See below for recommended websites that typically have great products and deals.

- www.steepandcheap.com
- www.rei.com or www.reioutlet.com
- www.backcountry.com
- www.sierra.com

Gear	Borrow from ENC	Purchase	#	Description
*Items marked with an "x" under "Borrow" or "Purchase" indicate that the item is available to be borrowed from us or purchased from the canteen.				
Backpacks and Bags				
Day Pack			1	We'll be exploring the Island each day. You'll need a pack to carry water, snacks, treasures, and your rain gear! (<i>Recommend: 20-30 Liters; Osprey, Deuter, REI, or similar.</i>) <i>Note: If you have a durable school backpack, that will also work here!</i>
Duffel Bag			1	Medium sized duffel. This will be used to carry your things on the ferry and store them at the campsite. All your stuff for the trip needs to fit in this duffel. (<i>Recommend: REI Co-Op Road Tripper, North Face Base Camp Duffel, or similar!</i>) <i>Note: Something with backpack straps is extra ideal. We have a short walk from the ferry.</i>
**Eagle's Nest will supply all camping equipment, including tents, fishing gear, cooking supplies, and tarps. Please contact Ed, ed@enf.org , if you would like further assistance or recommendations on any items. .				
Sleeping Gear				
Sleeping Bag			1	Synthetic sleeping bag rated 45-55 degrees Fahrenheit. (<i>Recommend: Marmot, Kelty, North Face, REI, Big Agnes.</i>)
Compression Stuff Sack			1	This makes your sleeping bag very small. You will need this to make it fit in your duffel!
Sleeping Bag Liner			1	It will be hot on Cumberland Island and your sleeping bag can become too hot at times. We highly recommend bringing a sleeping bag liner to help with this. (<i>Recommend: Sea to Summit Coolmax adaptor liner or similar</i>) <i>Note: A sewn cotton sheet formed into makeshift sleeping bag liner also works!</i>
Ground Pad	x		1	Insulating ground pad (<i>Recommend: Therm-a-rest RidgeRest or Therm-a-rest ProLite</i>)
Additional Equipment				
Water Bottles		x	2	Minimum 2 1-Liter bottles (<i>Recommend: Nalgene</i>). <i>Note: if you bring a hydration system/Camelbak, you must also bring 2 1-Liter water bottles.</i>
Headlamp			1	Hands free light for those adventures in the dark! Please bring extra batteries. (<i>Recommendation: Petzl, Black Diamond</i>) <i>Note: we are unable to recharge headlamps in the field, so please avoid buying the rechargeable variety.</i>
Cup or Mug with Lid	x		1	**Optional. Hot chocolate, anyone?
Nylon Stuff Sack			2-3	Variety of sizes. These are handy for food storage in the back country and keeping all of your personal items organized.

Wide Brimmed Sun Hat			1	We will be in the sun! Wide-brimmed is best.
Sunglasses			1	Don't forget the Chums to keep them attached to you!
Eyewear Retainers, ie Chums			1	Don't forget the Chums to keep sunglasses or glasses attached to you!
Large Beach Towel			1	Cotton or synthetic pack towel.
Footwear				
OLD Sneakers			1	We'll use these for fishing and exploring the marsh. They will get dirty. These shoes must be closed-heel and closed-toe due to oyster beds and other hazards
Camp Shoes			1	An additional comfortable shoe you don't mind getting dirty. We'll use these around camp. (<i>Recommend: old tennis shoes, Crocs, or similar.</i>)
Water Shoe			1	Shoes that can get wet and stay on your feet! Must have a back strap. (<i>Recommend: Tevas, Chacos, Astral, Keen</i>) No flip flops or Crocs!
Clothing				
Synthetic T-Shirts			2-3	Synthetic, non-cotton t-shirts. (<i>Recommend: REI, Patagonia, or similar</i>)
Athletic Shorts			2-3	Synthetic, non-cotton shorts. (<i>Recommend: REI, Patagonia Baggies, Nike runners, or similar.</i>)
Long Sleeve T-Shirts			2-3	Lightweight, light-colored cotton or synthetic t-shirts for sun protection. SPF and insect repelling fabrics will work here as well. <i>We will spend a lot of time in the sun, function over fashion is essential!</i>
Long Pants			1-2	Long, loose-fitting, comfortable pants. We'll wear these around camp to keep us cool and protect from insects.
Fleece Jacket			1	Synthetic, non-cotton, medium weight fleece jacket. (<i>Recommendation: REI Groundbreaker, Patagonia Synchilla or Similar</i>)
Rain Jacket			1	Must be 100% waterproof! (<i>Recommendation: REI Rainier, Marmot Precip or Patagonia Torrentshell</i>)
Swimsuits			2	Bring something you can be extremely active in!
Toiletries and Miscellaneous Items				
Sunscreen, a LOT!			1	SPF 30 or stronger.
Insect Repellant			1	Plenty of it.
Personal Kit			1	Including: Insect repellant, waterproof sunscreen (SPF 30+), Chapstick with SPF, Wet Ones Wipes, and menstruation materials.
Journal/Camera			1	Don't forget the pens, colored pencils, and disposable cameras!!

Crazy Creek		x	1	*Optional. Highly recommended.
Bandana			1-2	These are excellent in a variety of ways. From sun protection to cleanliness
Sunglasses			1	For that sunshine.
Glasses, Contacts			-	Please bring any you regularly wear as well as a backup pair.
Eyewear Retainers, ie Chums			1	Don't forget the Chums to keep sunglasses or glasses attached to you!
Ankle, Knee, Wrist Braces/Wraps			-	Please bring any you regularly wear.
Toothbrush/ Toothpaste			1	Plus any retainers you may wear!