



# On Campus PACKING LIST

## SUGGESTED ITEMS:

- **Camera or GoPro**
- **Headphones or earmuffs** - *If they would help you to focus during study hall*
- **Musical instruments** - *We have a temperature controlled place to store them and plenty to lend out.*
- **Extra headlamp and batteries** - *These are crucial for getting around OA on and off campus. Having a spare isn't a bad idea.*
- **Stationary and postcards**
- **Alarm clock**
- **Personal journals**
- **Organization** - *Some students like having baskets, storage cubes, or shelf dividers to help organize their belongings. A small toiletries caddy can also be useful for carrying items to and from the bathroom in the cabin.*

**Y**ou are preparing for a grand adventure! This is a complete list of everything you will need on campus during your semester. All of these items are required unless marked optional. As a community that values simple living, we ask that you stick closely to this list and not bring extra. Believe us that this is all you need.

## Things to keep in mind:

**A**t OA you will work hard and get dirty. Don't let your clothes hold you back. Your on-campus clothes **do not** need to be "outdoorsy" or "trek" items, but stick to things that are functional and durable. Leave items that are fragile, delicate, or of great sentimental value at home.

Make sure the clothes you bring keep you appropriately covered and comfortable without needing to be adjusted. OA has a carefully considered dress code. Please see the Community Manual for a complete explanation, and keep that in mind when packing.

Your personal storage space on campus is limited. Each student will have their own set of shelves and some space beneath their bed. A set of shelves is 5 shelves that are approximately 13" deep, 26" wide, and 1 foot tall. Many students appreciate having fabric cubes or a few small baskets to organize small items (socks, underwear, toiletries, etc.) on their shelves.

Remember, we live very close together! Please label everything you bring to campus with your name to help out your future self.

## PLEASE DO NOT BRING:

- Snacks or any food
- Cellphones, laptops, tablets
- Speakers, radios, iPods
- Electric blankets
- Hair stylers other than hair dryers
- Electric lamps
- Bicycles or hammocks
- Lighters, matches, or candles
- Large knives, machetes, or weapons of any kind

**All items on this list are required unless noted as optional. Please bring everything.**

### Clothing:



6 Short Sleeve Shirts
2-3 Long Sleeve Shirts or Button Ups
3 Pairs of Shorts
4 Pairs of Pants
2 Sweatshirts, Sweaters, or Fleece
9-10 Pairs of Underwear
5-7 Pairs of Socks
1 Dressy/Nicer Outfit
2 Pairs of Pajamas
1 Pair of Sneakers/Campus Shoes
1 Pair of Cabin Shoes
1 Pair of Rainboots (Optional)
1 Pair of Leather Work Gloves

### Personal Items:



Toiletries
Extra Glasses and Contact Lenses
2 Sets of Twin Sheets
Any Prescription Medications
2 Warm Blankets or 1 Comforter
2 Pillow Cases and 1 Pillow
2 Bath Towels
2 Washcloths (Optional)
1 Laundry Bag
Travel Mug with Lid
Duffels or a Suitcase/Trunk

### School Supplies:



Binders, Notebooks, etc.
Pens, Pencils, Erasers, Highlighters, etc.
Looseleaf Lined Paper
1 Graphing Calculator
1 Day Planner/Organizer
1 Backpack





# On Campus PACKING LIST



## Clothing:



### 6 Short Sleeve Shirts

Remember that clothing should not display alcohol, tobacco, drugs, or potentially offensive messages.

### 2-3 Long Sleeve Shirts or Button Ups

### 3 Pairs of Shorts

### 4 Pairs of Pants

At least one pair should be durable work pants for work crews.

### 2 Sweatshirts, Sweaters, or Fleece

### 9-10 Pairs of Underwear

Bring enough for 7-10 days

### 5-7 Pairs of Socks

These are in addition to your wool socks for Outdoor Programming.

### 1 Dressy/Nicer Outfit

For our weekly community dinners and special occasions. This can be what you'd wear to a nicer restaurant like khakis, buttoned shirts, dresses, blouses, nice shoes, etc.

### 2 Pairs of Pajamas

Something you're comfortable sleeping in.

### 1 Pair of Sneakers/Campus Shoes

For wearing to class and around campus. These may be the same as your running shoes for Outdoor Programming. Some students also like sandals for warmer weather.

### 1 Pair of Cabin Shoes (optional)

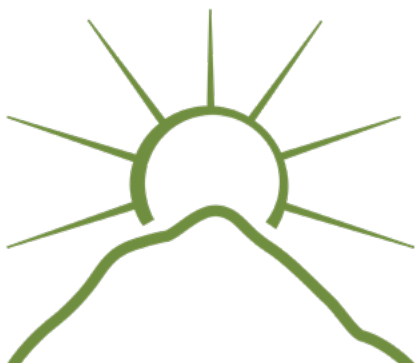
Flip-flops, slides, or sandals to wear around the cabin and in the shower.

### 1 Pair Rain Boots (optional)

We live in a rainforest and these can be quite handy. If you don't have them, don't go out and buy them. Your hiking boots will work great as well.

### 1 Pair Leather Work Gloves

For use during work crew. Inexpensive gardening gloves with a durable palm are perfect.



## Personal Items:



### Toiletries

Soap, shampoo, toothbrush, toothpaste, face wash, etc. It is helpful to bring a mini/travel toothpaste for outdoor trips, as well as a small deodorant if you want to bring deodorant on trek. Avoiding strong scents is appreciated when possible.

### Extra Glasses and Contact Lenses

### 2 Sets of Twin Sheets

### Prescription Medications

OA staff will store and dispense all medications. Make sure you bring them in their original prescription packaging, since we have to follow the prescribing physician's directions. We keep standard OTC medications like Advil or Tylenol in stock, so you do not need to bring your own.

### 2 Warm Blankets or 1 Comforter

### 2 Pillow Cases and 1 Pillow

### 2 Bath Towels

### 2 Washcloths (Optional)

### 1 Laundry Bag

### Travel Mug with Lid

### Duffels or a Suitcase/Trunk

For carrying your belongings to campus. Duffels are great because they can be easily stored, but use whatever you have. A trunk can be kept in storage during the semester if it does not fit under your bed (12.5 in clearance).

## School Supplies



### Binders, Notebooks, etc.

Bring the organizational tools that you think will work best for you. We suggest having a binder, binder section, or notebook per class to help keep you organized.

### 1 Graphing Calculator

For students in Algebra 2 and Precalculus. Bring one if you have one, but don't go out and buy one if not. We will have ones you can borrow.

### 1 Backpack

This is for on campus use, like carrying your things to class. Make sure it can hold at least a book, binder, and water bottle.

### 2 Washcloths (Optional)

### 1 Laundry Bag

### Travel Mug with Lid

# Outdoor Programming PACKING LIST



One of the great joys of being at OA is spending a lot of time outside! During your semester you should expect to be outside every day and in all kinds of weather. We don't stay in just because it's raining! So, please read this packet carefully and follow it closely. We've honed it over many semesters to be exactly what you need and nothing more. First, a few considerations:

**Durability:** On trek we put our clothing to work, so please bring items that are functional and durable. Make sure the clothes you bring keep you appropriately covered and comfortable without needing to be adjusted. OA's dress code standards also apply to outdoor clothing. See the Community Manual for a complete explanation of the dress code.

**Materials:** For your safety and comfort, all outdoor clothing needs to be made from wool, fleece, polypropylene, or a blend. You cannot wear any cotton other than your undergarments (although we recommend considering synthetic alternatives there too). Cotton will not keep you warm when wet nor will it reliably dry while on trek.

**Packing:** Please pack your outdoor clothing and equipment in a separate bag from your campus clothing and school supplies. Having it separated will greatly streamline your check-in process on Opening Day as we prepare for our first trek.

## How to find what you need:

### Use gear you already own.

You may already own much of the items you need. With a few notable exceptions, these items are very standard. The bells and whistles on most expensive outdoor equipment won't make a meaningful difference in your comfort, happiness, or safety this semester. If you are wondering what to prioritize, here is a tip: It's worth spending a little extra on good, waterproof rain gear and hiking boots that fit well. Additionally, your puffy coat and sleeping bag should be lightweight, warm synthetic. Everything else is easy!

### Go to the thrift store.

Your local thrift store is an ideal place to buy inexpensive clothing that you aren't afraid to beat up. Basic items like fleeces, long underwear, long sleeve shirts, and shorts are all great thrift store purchases. In some areas there are outdoor specific thrift stores that have lightly used specialized clothing like puffy jackets and rain gear at great prices. **Just make sure that the rain gear is durable and still waterproof.**

### ENF's Gear Lending Library.

Thanks to the generosity of previous OA students and Eagle's Nest families, we have a large cache of outdoor clothing and equipment to lend for the semester. If obtaining the items on this list poses an issue for you, please reach out to the Admissions Director or the Outdoor Education Manager. We don't have every single item, but we will work with you confidentially to provide as much as we can.

### Order specific items through OA.

We know that outdoor gear quickly gets expensive. To help offset this, OA has built relationships with specific manufacturers to supply our students with the equipment they need at the most reasonable price. We have chosen these items because we've found they make the most meaningful difference in students' quality of life. At the end of the day a fleece is often a fleece, but high quality rain gear is worth its weight in gold during a storm. See the end of this packet for more information.

### Visit your local outdoor store.

For specific items (like boots) it is immensely important to try things on to get the right size and fit. The folks in the store can advise you on purchases, but remember that while they may be experienced outdoors people they likely don't know exactly how things look at OA. This packing list and the models recommended here were chosen specifically because they fit our unique program.

### Shop online and find discounts

For items that don't require a precise fit, shop around online and look for sales and discounts. For the recommended models we have linked to their manufacturer or to a consistent supplier. Most of them can likely be found at a discount elsewhere online. Websites such as:

- The REI Outlet (<https://www.rei.com/outlet>)
- Re/Supply (<https://www.rei.com/used>)
- Backcountry.com
- Sierra Trading Post (<https://www.sierra.com/>)
- Steep and Cheap (<https://www.steepandcheap.com/>)

all regularly have sales or offer discounted prices on last season's models and colors.



All items on this list not marked as optional are required. However, less is often more. We've paired down this list to what you need and nothing more. So, please follow it closely and bring nothing extra.

Clothing has no gender. In this list, we use the imperfect terms "Men's Cut" and "Women's Cut" to describe items as they are sold and regret the implied gendering. "Men's Cut" clothing typically has a boxier fit and traditionally masculine colors while "Women's Cut" clothing commonly has a more shaped fit and traditionally feminine colors. We encourage you to come with what fits well and makes you feel good.



## Upper Body Layers:

### Functional Recommendations

Basics that will fully meet your needs

### Upgraded Recommendations

Worth considering if you will use after OA

#### 1-2 Synthetic Short Sleeve Shirts

Lightweight non-cotton that allows your full range of motion. Both button-up shirts and tshirts are fine.

Any synthetic short sleeve shirts from the thrift store

#### 1-2 Synthetic Long Sleeve Shirts

Lightweight, thin non-cotton shirt that allows your full range of motion. This will be your go-to base layer when on trek.

**Long sleeve synthetic shirt from the thrift store.**  
This could even be a stylish, non-cotton dress shirt!

**Patagonia Capilene Cool Daily Hoodie**  
A great sun protection item with hood.  
\$55 | Men's Cut | Women's Cut

#### 1-2 Midweight Long Underwear Tops\*

A long sleeve wool or synthetic base layer top. This insulating layer sits next to your skin and keeps you warm in cold mountain conditions. It should be able to be worn under all your other layers. If you are someone who gets cold easily, bring two!

**Guide Gear Midweight Top**  
\$25 | Men's Cut | Women's Cut

**REI Midweight Base Layer Top**  
\$50 | Men's Cut | Women's Cut

#### 2 Fleeeces (1 midweight, 1 lightweight)

Almost any fleece jacket is acceptable. Hand pockets, a zipper, and a hood are solid bonuses. These layers should fit comfortably between your long underwear and rain jacket or puffy.

**Thrift Store Fleeeces or Decathlon MH500 Hiking Fleece for midweight**  
A simple 1/4 zip fleece for layering and keeping warm while moving.  
\$25 | Men's Cut | Women's Cut

**Northface TKA-100 Glacier 1/4 zip**  
\$90 | Men's Cut | Women's Cut  
**Ragged Mountain Stretch Grid Hoody II**  
\$90 | Men's Cut | Women's Cut

#### 1 Waterproof Rain Jacket\*

Quality rain gear is imperative to your safety and comfort on trek. Both coated nylon and breathable fabrics such as GoreTex® are acceptable. Your jacket should have a hood. Ponchos are not acceptable.

**Marmot PreCip Jacket**  
Marmot provides dependable affordable rain gear with the PreCip.  
\$100 | Men's Cut | Women's Cut

**Outdoor Research Foray/Aspire**  
This jacket uses Gore-Tex which is a breathable waterproof membrane.  
\$219 | Men's Cut | Women's Cut

#### 1 Synthetic Puffy Jacket\* (optional)

Most students cite this as their most important (and favorite) piece of gear. Many wear it everyday in the colder months. This jacket should be durable, warm, and have big pockets. It should be big enough to wear over your fleece. **Do not bring a down jacket.**

**Borrow one from OA**  
OA has a fleet of wonderfully warm hooded puffy jackets to lend out for the semester. If you don't already own a synthetic puffy jacket don't buy one, borrow ours!

**Rab Cirrus Alpine Insulated Jacket**  
Described as incredibly warm for its weight, this jacket will serve you well at OA and in many adventures beyond.  
\$200 | Men's Cut | Women's Cut

## Accessories:



#### 2 Sports Bras

Bring tops you feel comfortable running in and wearing for long periods of time

#### 1 Fleece or Wool Winter Hat

Bring what you already have. You'll be able to knit yourself another while here!

#### 1 Brimmed Hat

Any baseball cap will do. Some prefer bucket hats that offer fuller sun protection.

#### 1 Pair Polarized Sunglasses

**Bring whatever polarized glasses you already own.**  
We don't recommend bringing expensive glasses that you would be upset if they were lost or damaged.

**Goodr Glasses**  
These shades are inexpensive, light, come in a variety of colors and have quality lenses that block harmful rays.  
\$25 | Goodr

#### 1 Eyewear Retention Strap

This keeps your glasses from ending up at the bottom of the river. If you want to wear your sunglasses on the river, you need a strap. **If you wear prescription glasses, you must bring one.**

**We can help you make one once you get here.**

**Chums**  
\$7-10 | Many Styles

#### 2 Bandannas

**Any inexpensive bandannas will do**  
Cotton is preferable to polyester. It's best to wash them at least once before coming.

#### 1 Pair Liner Gloves (optional)

Some students find gloves invaluable for chilly mornings on trail.

**Borrow one from OA**  
OA has a plenty of gloves and warm mittens to lend out. If you don't already have a pair or are unsure, borrow ours!

**Smartwool Liner Gloves**  
\$25 | REI

## Lower Body Layers:



### Functional Recommendations

Basics that will fully meet your needs

### Upgraded Recommendations

Worth considering if you will use after OA

#### 1 Quick Dry Nylon Shorts

Lightweight, thin non-cotton shorts that allow your full range of motion. These should be comfortable enough to run in, stay up while running, and have pockets.

**Lightweight synthetic sports shorts or a men's cut bathing suit with mesh cut out and pockets**

**Patagonia Baggies**  
Durable shorts with cavernous pockets.  
\$55 | Men's Cut | Women's Cut

#### 1 Quick Dry Nylon Pants

Lightweight thin, non-cotton pants that allow your full range of motion. If they don't have an integrated belt you should bring one.

**Wrangler 5-Pocket Pants**  
\$27 | Men's Cut  
**Allforth Tamarack Roll Up Pants**  
\$30 | Women's Cut

**Ferrosi Pants**  
\$80 | Men's Cut | Women's Cut  
**REI Sahara Roll-Up/Savanna Trails**  
\$60 | Men's Cut | Women's Cut

#### 1-2 Midweight Long Underwear Bottoms\*

Tight fitting wool or synthetic insulating base layer bottoms/tights. This layer sits next to your skin and keeps you warm in cold mountain conditions. It should be able to be worn under all your other layers.

**Guide Gear Midweight Bottoms**  
\$15 | Men's Cut | Women's Cut

**REI Midweight Base Layer Bottoms**  
\$50 | Men's Cut | Women's Cut

#### 1 Waterproof Rain Pants\*

Quality rain gear is imperative to your safety and comfort on trek. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable.

**REI Co-Op Essential Rain Pants**  
REI provides dependable affordable rain gear. From trailheads to English class these pants will always keep you dry.  
\$60 | Men's Cut | Women's Cut

**Marmot PreCip Eco Pants**  
\$80 | Men's Cut | Women's Cut

#### 1 Swimsuit

This should stay on without adjustment while active. Full coverage bottoms only. Shorts and a sports bra work just fine.

**Personal Preference**  
Most students use their quick dry shorts as bottoms.

## Footwear:



#### 1 Pair of Waterproof hiking Boots

You are looking for supportive, stiff hiking boots that lace up past the ankle. Despite the trend towards "hiking shoes" and lightweight boots, we've found they don't serve students well. The specific way OA travels in the backcountry favors stiffer traditional hiking boots with a 1/2 or 3/4 length shank (or stiffener) and lots of ankle support. Boots designed for a weekend day hike won't meet your needs.

Please do not bring boots from the Merrel Moab series, Timberland (or similar) work boots, or boots purchased at Walmart. We've found these boots don't hold up to a semester at OA and injure students feet.

**Oboz Bridger or Wind River**  
\$190 | Men's Sizing | Women's Sizing  
**Vasque Talus AT GTX**  
\$190 | Men's Sizing | Women's Sizing  
**Keen Targee III**  
\$175 | Men's Sizing | Women's Sizing

#### Boot Fitting Tips

- 1) Try your boots on in a store with the assistance of a qualified sales person.
- 2) Sizing bigger is better. The most common issue we see is buying boots that fit too tightly. Err on the side of slightly too large over at all too small.
- 3) Bring the wool socks you will hike in when you're trying on your new boots.
- 4) Not all brands fit the same, so be sure to try multiple models.

#### 1 Pair Lightweight Camp Shoes

After a long day of hiking in your boots these are the shoes you'll change into at camp. They need to be closed toed and have a heel strap. We recommend they be as lightweight as possible.

**Lightweight old sneakers**

**Crocs Specialist II**  
\$45 | Unisex Sizing  
**Crocs Bistro**  
\$50 | Unisex Sizing  
**Foam Clogs**  
\$18 | Women's Sizing

#### 1 Pair Running Shoes

Bring a pair of athletic sneakers that you could run around a field or down a trail in.

**Bring what you own**

#### 6 Pairs of Long Wool Socks

Good socks are crucial to happy feet on trek. Many students end up wearing their hiking socks daily once the seasons start to change. Make sure the socks you get are at least 70% wool and extend up past your ankle. It is worth trying your socks and your boots on together to ensure a good fit.

**Kirkland Signature Outdoor Trail Wool Socks**  
Costco's brand socks have a great reputation and can generally be found for ~\$25/4-pack.  
**Walmart Wool Socks**  
Look for Realtree Wool Hiker socks or Wrangler Merino Wool Socks. They generally aren't as durable as the Kirkland or Darn Tough options but should last a semester.

**Darn Tough Hiker Micro Crew Cushion**  
These socks set the bar for durability. If they ever get a hole you can send them back for a new pair, no questions asked.  
\$25 | Men's Sizing | Women's Sizing

\*Available for discounted order through OA

# Equipment:



## Functional Recommendations

Basics that will fully meet your needs

## Upgraded Recommendations

Worth considering if you will use after OA

### 1 Sleeping Bag

We require a sleeping bag rated for 15 degrees or colder. You should look for a "mummy" shaped bag that has synthetic insulation, compresses down to smaller than a basketball, and weighs less than 5lbs.

#### Marmot Trestles 15

\$115 and \$126 | Under 6ft Tall | Over 6ft Tall

**Do NOT bring a down sleeping bag. If they get wet they cease to insulate and take days to dry!**

### 1 Sleeping Pad (optional)

Some students choose to bring an inflatable pad. Inflatable pads must have an R-value (insulation value) over 3.0, should weight less than 2.5lbs, and should compress to a small size.

Use the foam pad OA provides

#### Thermarest Trail Lite

This pad provides more loft and comfort than the foam pads while maintaining a high r-value.  
\$80 | Under 5'5" | Over 5'5"

### 1 Headlamp and Spare Batteries

Students are required to bring a headlamp. You should not bring hand-held flashlights. We've found that headlamps from name brands (Black Diamond, Petzl, Princeton Tec) are more reliable and have better battery life than others.

#### Black Diamond Revolt 350

This lightweight headlamp has great features, great quality, good battery life, and a rechargeable battery. It also features a red light that most students prefer to use when reading at night.  
\$30 | One Size

### 2 32oz Water Bottles\*\*

Students need at least two 32oz water bottles. Some students choose to bring a hydration bladder (Camelbak). **If you bring a bladder you must still bring two 32oz bottles.**

1L Powerade or Gatorade bottles from the supermarket

#### 32oz Wide Mouth Nalgene Bottles

On Opening Day you will have the opportunity to purchase Nalgene bottles with OA's logo on them.  
\$12 | One Size

### 2 Small Bottles of Sunscreen

Please bring SPF 30 or greater. 2 smaller bottles is preferable to 1 medium. Many instructors also use a small tube of zinc oxide for their face, especially on climbing and paddling trips.

### 1 Crazy Creek Style Camp Chair\*\*

OA students use these almost daily both in the woods and on campus. Because we're not tethered to desks, anywhere can become a classroom

#### Crazy Creek Original Chair

The classic design. It comes in a variety of colors and patterns. On Opening Day you will have the opportunity to purchase a Crazy Creek with OA's logo on it.  
\$55 | Various Colors

### 1 Digital Watch with Alarm

Timeliness is important even on expeditions. Please bring an inexpensive digital watch with an alarm.

**Don't bring a smart watch that requires charging, an analog watch without an alarm, or any watch you would be sad to damage or lose.**

### 1 Pocket Knife (Recommended)

If you chose to bring a knife, a lighter one is preferable. Please avoid bulky multi-tools, heavy leatherman, and the classic red "Swiss Army Knives" with many functions.

#### Morakniv Companion

Great quality, all-round knife. You will learn how to use a fixed blade knife safely and effectively during your semester.  
\$15 | One Size

### 1 Pair of Trekking Poles (Recommended)

Almost all of our instructors use trekking poles. These are recommended for all students and required for any students that have a history of knee or ankle issues. Flip-lock poles are recommended over twist-lock poles.

#### Montem Aluminum Flip-Lock Poles

\$70 | One Size

#### Black Diamond Trail Trekking Poles

\$105 | One Size

### 1 Hot Drink Container (Recommended)

A hot drink with breakfast or cup of cocoa after dinner always feels right. Some students drink from their bowls, others choose to bring a mug. Please don't bring a metal mug or large thermos.

#### 16oz Wide Mouth Nalgene

These are the perfect size for a hot drink. They fit in your pocket, are ideal for cradling in cold hands, and have a well sealing lid. Many instructors use these when on trek, and an old sock or a beverage Koozie can be used to give the bottle some insulation.  
\$11 | One Size

### 1 Umbrella (Optional)

OA is located in a temperate rain forest, so wet weather is a part of life. The humidity also means that rain gear often feels stuffy and sweaty.

#### Lewis N. Clark Travel Umbrella

A small collapsible travel umbrella.  
\$17 | Various Colors

#### Six Moon Designs Silver Shadow

This one is more durable for trail use.  
\$35 | One Size

### Climbing Shoes and Chalk Bag (optional)

OA will provide all the climbing equipment that students need during their semester. You must use OA harnesses, helmets, and other technical equipment and should not bring your own.

**If you already have your own, you may bring it.**



\*\*Available for purchase from OA



# Outdoor Programming PACKING LIST

## OA PROVIDES THE FOLLOWING:

- Backpacking backpack
- Foam sleeping pad
- Bowl and spoon
- Whistle
- Camp stove and cookware
- Tents or tarps
- Maps and compasses
- First aid kit and water treatment
- Climbing and paddling equipment

**Packing:** Please pack your outdoor clothing and equipment in a separate laundry or duffel bag from your campus clothing and school supplies. Having it separated will greatly streamline your check-in process on Opening Day as we prepare for our first trek.

**Labeling:** Label everything with your name in permanent marker. We live closely and at some point everyone's black rain pants look the same.

**Dress Code:** Please bring only items that conform to OA's dress code and that you are willing to get dirty and possibly damage.

## PLEASE DO NOT BRING:

- Hammocks
- Snacks or any food
- Lighters, matches, or candles
- Large knives, machetes, or weapons of any kind



## Don't forget the Gear Lending Library!

As you pack, remember that we have a cache of clothing and equipment available for you to borrow. Many students borrow some of their clothing or equipment while at OA. If obtaining anything on this list poses a hardship for you, or if you're about to buy something you don't think you'll ever use after OA, stop! Let us provide it for you. Reach out to the Outdoor Education Manager who can make sure we have what you need.



**All items on this list are required unless noted as optional. Please bring everything.**

### Upper Body Layers:



1 or 2 Synthetic Short Sleeve Shirts*
1 or 2 Synthetic Long Sleeve Shirts
1 or 2 Midweight Long Underwear Tops*
2 Fleeces - 1 Medium, 1 Lightweight
1 Waterproof Rain Jacket*
1 Synthetic "Puffy" Jacket (optional)
2 Sports Bras

### Equipment:



1 Synthetic Sleeping Bag*	1 Digital Watch with Alarm
1 Sleeping Pad (optional)	1 Pocket Knife (recommended)
1 Headlamp and Spare Batteries	1 Pair of Trekking Poles (recommended)
2 Water Bottles (32 oz.)*	1 Hot Drink Container (recommended)
2 Small Bottles of Sunscreen	1 Umbrella (optional)
1 Crazy Creek Style Camp Chair*	Climbing Shoes and Chalk Bag (optional)

### Lower Body Layers:



1 Quick Dry Nylon Shorts
1 or 2 Quick Dry Nylon Pants
1 or 2 Midweight Long Underwear Bottoms*
1 Pair Waterproof Rain Pants*
1 Swimsuit

### Accessories:



1 Fleece or Wool Winter Hat
1 Brimmed Hat
1 Pair Polarized Sunglasses
1 Eyewear Retention Strap
2 Bandannas
1 Pair Liner Gloves (optional)

### Footwear:



1 Pair Hiking Boots
1 Pair Lightweight Camp Shoes
1 Pair Running Sneakers
6 Pairs of Long Wool Socks