

You 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:

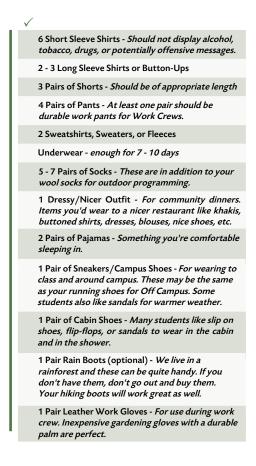
At OA you will work hard and get dirty. Don't let your clothes hold you back. Your on-campus clothes do not need to be "trek" or "outdoorsy" items, but stick to things that are functional and durable. Leave items that are fragile, delicate, or of great sentimental value at home.

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.

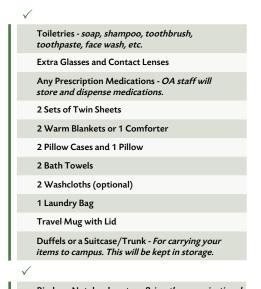
Remember, we live very close together! Please label everything you bring to campus with your name to help out your future self.











Binders, Notebooks, etc. - Bring the organizational tools that work best for you. We suggest having a binder, binder section, or notebook per class.

Pens, Pencils, Erasers, Highlighters, etc.

Looseleaf Lined Paper

- 1 Graphing Calculator (Algebra 2 and Precalculus) Bring one if you have one, but don't buy one if not.
- 1 Day Planner/Organizer
- 1 Backpack For carrying your things to class.

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 Journal

Please do not bring:

- Snacks or any Food
- Cellphones, tablets, and laptops
- Speakers, radios, and 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



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!

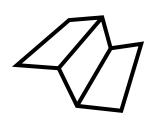
Go to the thrift store.

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 outdoorspecific 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 to 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 like the REI Outlet (https://www.rei.com/rei-garage) and Re/Supply (https://www.rei.com/used), <a href="mackground-regularly-leg

How To Use This List

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.



Synthetic Short Sleeve Shirts

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

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.

Midweight Long UnderwearTops*

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!

2 Fleeces (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.

1 Waterproof Rain Jacket*

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

1 Synthetic "Puffy" Jacket* (optional)

Most students cite this as their most important (and fa-vorite) 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.

2 Sports Bras

1 Fleece or Wool Winter Hat

1 Brimmed Hat

Pair Polarized Sunglasses

Accessories

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.

2 Bandannas

1 Pair Liner Gloves (Optional)

Some students find thin gloves invaluable for chilly mornings on trail.

Functional Recommendation

Basics that will fully meet your needs

Upgraded RecommendationWorth considering if you will use it after OA

Any synthetic short sleeve shirts from the thrift store

Long sleeve synthetic shirt from the thrift store.

This could even be a stylish, non-cotton dress shirt!

Guide Gear Midweight Top

\$25 | Men's Cut | Women's Cut

Thrift Store Fleeces or Decathalon 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

Marmot Pre-Cip Jacket

Marmot provides dependable affordable rain gear with the Pre-Cip. From trailheads to English class, this jacket will always live in your possibility sack and keep you dry.

\$100 | Men's Cut | Women's Cut

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!

Patagonia Capilene Cool Daily Hoodie

A great sun protection item with hood. \$55 | Men's Cut | Women's Cut

REI Midweight Base Layer Top

\$50 | 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

Outdoor Research Foray/Aspire

This jacket uses Gore-Tex which is a breathable waterproof membrane. It makes for a jacket that is more comfortable, durable, and waterproof than coated nylon.

\$219 | Men's Cut | Women's Cut

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

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

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

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

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.

We can help you make one once you get

Goodr Glasses

These shades are inexpensive, light, come in a variety of colors and have quality lenses that block harmful rays.

\$25 | Goodr

Chums

\$7-10 | Many Styles

Any inexpensive bandannas will do

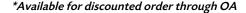
Cotton is preferable to polyester. It's best to wash them at least once before coming.

Borrow one from OA

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

Smartwool Liner Gloves

\$25 |<u>REI</u>





Layers

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.

1-2 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.

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 your warm in cold mountain conditions. It should be able to be worn under all your other layers.

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.

1 Swimsuit

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

Functional Recommendation

Basics that will fully meet your needs

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

Wrangler 5-Pocket Pants

\$27 | Men's Cut

Allforth Tamarack Roll Up Pants

\$30 | Women's Cut

Guide Gear Midweight Bottoms

\$15 | Men's Cut | Women's Cut

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

Personal Preference

Most students use their quick dry shorts as bottoms.

Pair 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.

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.

1 Pair of Running Sneakers

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

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.

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)Try your boots on in a

1) Try your boots on in a store with the assistance of a qualified sales person.

Upgraded Recommendation

Durable shorts with cavernous pockets.

\$55 | Men's Cut | Women's Cut

\$80 | Men's Cut | Women's Cut

\$60 | Men's Cut | Women's Cut

\$50 | Men's Cut | Women's Cut

Marmot PreCip Eco Pants

\$80 | Men's Cut | Women's Cut

REI Sahara Roll-Up/Savanna Trails

REI Midweight Base Layer Bottoms

Patagonia Baggies

Ferrosi Pants

Worth considering if you will use it after OA

- 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.

Lightweight old sneakers

Crocs Specialist II

\$45 | Unisex Sizing

Crocs Bistro

\$50 | Unisex Sizing

Foam Clogs

\$18 | Women's Sizing

Bring what you own

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



Functional Recommendation

Basics that will fully meet your needs

Upgraded Recommendation

Worth considering if you will use it after OA

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!

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"

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

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.

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

Crazy Creek Original Chair

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!

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.

Digital Watch with Alarm

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

Morakniy 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

Pocket Knife (Recommended)

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

Montem Aluminum Flip-Lock Poles

\$70 | One Size

Black Diamond Trail Trekking Poles

\$105 | One Size

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.

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 coozie can be used to give the bottle some insulation.

\$11 | One Size

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

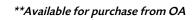
Six Moon Designs Silver Shadow

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.



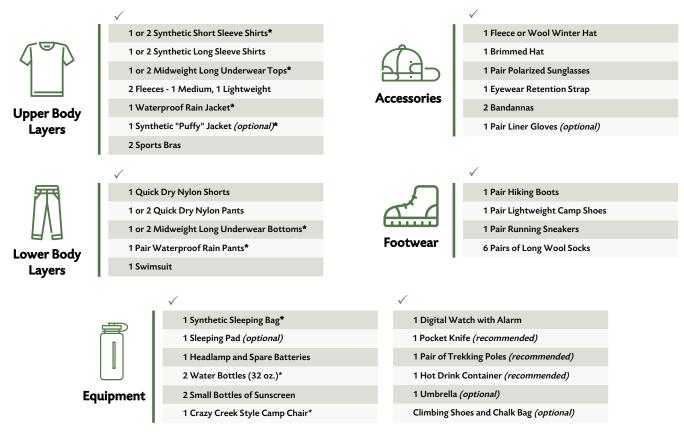


Equipment



Outdoor Programming Packing List

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



Items with an * are available for order through The Outdoor Academy.

Don't delay! There is a deadline. For details see the end of this packet.

Reminders:

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 rainpants looks 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.

OA provides the following:

Please don't bring your own.

- 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

Please do not bring:

- Hammock
- 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 Manger who can make sure we have what you need.

Order Clothing and Equipment Through OA

We know outdoor equipment can be expensive. In an effort to reduce costs, OA has partnered with manufacturers to provide high quality clothing and equipment to OA students at greatly reduced prices. We've chosen these items because we've found that they make the greatest difference in student quality-of-life in the backcountry.

Long Underwear Tops and Bottoms

\$23 per item

Warm, form fitting layers to keep you cozy when the temperature drops.

Men's Cut

S, M, L, XL, XXL / Athletic Fit



Women's Cut

XS, S, M, L, XL, XXL / Athletic Fit



Rain Jacket

\$45

A durable waterproof rain jacket to keep you warm and dry through afternoon showers and windy mornings.

Men's Cut

S, M, L, XL, XXL | Regular Fit



Women's Cut

XS, S, M, L, XL, XXL | Regular Fit



Rain Pants

\$**45**

Waterproof pants to keep you comfortable no matter what the weather brings.

Men's Cut

S, M, L, XL, XXL | Regular Fit



Women's Cut

XS, S, M, L, XL | Regular Fit



Synthetic Hooded "Puffy" Jacket

\$100

A lightweight warm hooded jacket to keep the chill out. Most students end up wearing theirs everyday on campus and on trek during the colder months.

Men's Cut

S, M, L, XL, XXL | Regular Fit



Women's Cut

XS, S, M, L, XL, XXL | Regular Fit



Sleeping Bag

A warm 15 degree lightweight sleeping bag that compresses down with an included compression sack.

Under 6ft Tall | Over 6ft Tall \$72 \$80

To order:

Complete the online form by early August (fall semester) or early December (spring semester). We can make no guarantees about color availability, but will do our best to respect your preferences.

Prices do not include shipping which varies depending on our order size. You will receive the initial cost prior arrival, and will be required to pay the total on Opening Day.