



A HELPFUL GUIDE TO YOUR PACK LIST

This is not your Trip Specific Pack List. Rather, this is a glossary to help you define items on your pack list. You may not need every item in this guide.

This guide includes helpful descriptions of every item required on any of our many diverse trips, and can help answer some questions as you prepare for your adventure with us. We have also included recommended brands for all items!

If you have any further questions about what to pack for your trip, do not hesitate to give us a call!

CAMPING EQUIPMENT



Backpack: A good backpacking pack fits your torso well and positions the weight of your load onto your hips (your pack must have a hip belt, sternum strap, and load lifters). It is best to have an expert at a gear shop fit you to your pack, but you can find information on sizing on most company's websites as well. The packs listed here have adjustable torsos and hip belts so that they can fit a range of body shapes and sizes.

[Wilderness Adventures](#)



Waterproof Pack Cover: Some packs come with a built in pack cover, otherwise you can buy a separate one that corresponds to your packs volume (given in liters usually).

[Sea to Summit](#)

[Peregrine](#)



Duffel Bag: Almost anything will do for this one. We recommend a minimum of 95 liters. Backpack straps are a plus.

[The North Face](#)

[Gregory](#)



Sleeping bag with compression sack: Your sleeping bag must be a mummy style that is rated to the recommended temperature or lower. Synthetic sleeping bags do best in wet conditions, while down is great because it is lightweight and packable. If you are new to camping we recommend getting a lightweight synthetic bag.

[Wilderness Adventures](#)



Sleeping pad: Ounces equal pounds and pounds equal aches and pains. Close-cell foam pads are inexpensive and light, but inflatable pads are more comfortable and packable. Be sure you don't get a sleeping pad that weighs more than 2.5 lbs.

[Wilderness Adventures](#)



Small backpack / day pack: Something to walk around towns/cities with. It should be able to fit lunch, water bottles, a camera, and an extra layer.

[Osprey](#)

[Gregory](#)



Small backpack / day pack with hip belt: A pack for short hikes/town days. Many students like to bring a hydration pack.

[Osprey Men's](#)

[Osprey Women's](#)



Silk Sleeping Bag Liner or Travel Sheet: If you are going to use this in the backcountry, it needs to be synthetic or silk (no cotton). Liners can add warmth to your sleeping bag, or be a great option on their own for sleeping in warm climates.

[Silk](#)

[Thermolite](#)

[Cotton \(international and Hawaii only\)](#)



Widemouth water bottle: Widemouth bottles (like Nalgene) are much easier to fill from shallow water sources.

[Wilderness Adventures](#)



Insulated plastic cup: Something for coffee, hot chocolate, or tea, in the backcountry.

[Wilderness Adventures](#)



Bowl: Silicone bowls work well because they can handle heat and are lightweight. A good Tupperware works as well.

[Wilderness Adventures](#)



Camping utensils: spoon, spork, or utensil set. Light my fire sporks are not recommended (they tend to snap).

[Spork](#)

[Long Spoon](#)

[REI](#)



Synthetic camp towel: Small and packable is the name of the game. If this is the only towel you are required to bring, please make it an XL towel, as you will be using it to shower.

[Packtowl](#)



Headlamp w/ extra batteries: Your headlamp should be 150 lumens or more and extra batteries should be stored in a watertight pouch or Ziploc.

[Wilderness Adventures](#)

Hybrid
CONCEPT

CLOTHING



Athletic Shoes: The pair of shoes you select must be sturdy, supportive and have a gripped sole. Brands such as Converse or Vans, for example, are not suitable.

[Asics](#)
[Merrell](#)
[Vasque](#)



Athletic Shorts: These must be synthetic. We recommend quick-dry nylon shorts, with or without liners. Most gym shorts will work well for this item.

[REI](#)
[Patagonia](#)
[Columbia](#)



Fleece Gloves/Mittens: Fleece gloves are essential in keeping your hands warm on cooler nights.

[Outdoor Research](#)
[The North Face](#)



Fleece Hat: This hat should be warm and fully cover your ears. A wool hat will also work well for this item.

[Outdoor Research](#)
[Columbia](#)



Fleece Pants: You will want a pair of fleece pants to wear at night around camp. Cotton sweatpants are not suitable because they will not keep you warm if they get wet.

[REI](#)
[The North Face](#)



Fleece Pullover: This is not the heaviest fleece you can find, nor the lightest, but a layer appropriate for cool mornings and evenings. Fleece is a great material that retains its insulating ability even when wet. This layer will be worn over a t-shirt, but should also fit under your rain jacket. A wool sweater will also work.

[REI](#)
[Patagonia](#)



Gaiters: Gaiters are durable nylon covers that attach to your boots and wrap around your pant leg to keep sand, snow, rocks and mud out of your boots. The gaiters you bring must be shin or knee high. Lightweight trail-running gaiters are not recommended.

[Outdoor Designs](#)
[Outdoor Research](#)
[Mountain Hardwear](#)



Hiking Boots- Light Weight: These can be below the ankle or mid-ankle. They should be sturdy, full hiking boots will work, but are not required. Be sure to break in your shoes before your trip!

[Merrell](#)
[Asolo](#)
[Vasque](#)



Hiking Boots- Medium Weight: Your boot must rise above the ankle and should be designed for traveling over rough terrain with a fully-loaded pack. Before your trip begins, be sure to break them in to ensure that they fit you well. Hiking boots will be more your most important piece of gear this summer!

[Asolo](#)
[Solomon](#)
[Vasque](#)



Hiking Pants: Hiking pants are typically made of nylon or another wicking, breathable material and offer protection from both the weather and from insects. Hiking pants will keep you dry and warm while allowing you to move freely with ease. "Zip off" hiking pants are a great versatile option.

[The North Face](#)
[Patagonia](#)
[Columbia](#)



Packable Synthetic Down Jacket: Some trips will require a synthetic filled jacket as an additional layer for warmth. Insulated jackets place synthetic insulation in areas that are prone to moisture (hem, collar, sleeves and underarms), and stuff the down everywhere else to keep your core warm.

[The North Face](#)
[Patagonia](#)



Rain Jacket/Pants: You will need a waterproof and breathable rain jacket and pants. Your rain gear is one of the most important pieces of equipment you will bring. Note that "water resistant" is not the same as "waterproof". Water resistant rain gear will not suffice. The jacket and pants should fit over all of your layers.

[Patagonia](#)
[Columbia](#)



Rash Guard: Rash guards are needed to protect you from the sun and sand during water activities. When fitted properly, they should be tight. Most rash guards are made of spandex, nylon, polyester, or neoprene.

[O'Neill](#)
[Billabong](#)
[Quicksilver](#)

Service Work Outfit: You will need to pack one comfortable shirt and pants that is suitable for a day of work. Please be sure these work clothes include a pair of pants and a long-sleeved shirt, neither of which you mind getting a bit dirty. Please do not pack shorts or short-sleeved shirts for doing service work. You should not bring items that you are not willing to risk getting ruined. Anything you have already that you do not mind getting dirty or ruined.



Sun Hat: You can bring a baseball hat, visor, or a large floppy sun hat – any style will work as long as your hat provides adequate cover for your head and face to minimize exposure to the sun.

[Wilderness Adventures](#)
[Mountain Hardwear](#)



Swimsuit: Please bring a swimsuit that you know you will feel comfortable in during activities. Your swimsuit needs to fit properly and stay in place.

[Patagonia](#)
[REI](#)



Synthetic Long Underwear: Any synthetic blend or wool long underwear will work.

[Patagonia](#)
[Smartwool](#)
[The North Face](#)



Synthetic Long Sleeve Shirt: Your long sleeve t-shirt must be made of synthetic material. You will wear this not only for warmth during the cool summer mornings, but also throughout the day for sun protection.

[Wilderness Adventures - hooded / crewneck](#)



Synthetic Shirt: One t-shirt may be cotton, but please be sure that all the rest are made of synthetic material. Synthetic t-shirts have the ability to keep you both cool in the heat of day and warm in the evenings.

[Wilderness Adventures](#)



Water/Camp Shoes: These are a pair of sturdy, river-style sandals that **MUST** have a heel strap to keep the sandal securely on your foot. Flip-flops and Crocs are not appropriate. For fly-fishing trips please bring closed-toe water/camp shoes, to better protect your toes while fishing and wading.

[Keen](#)
[Teva](#)
[Chaco](#)

GEAR AND ACCESSORIES



Sunglasses w/ Retainer Strap: Your sunglasses need to have a dark lens and protect against 99% UVA and 95% UVB rays. These should be appropriate for, and stay on during, athletic activities. Your lanyard should be a strap that attaches to your glasses and keeps them from getting lost during your summer activities.

[Smith](#)
[Suncloud](#)
[Chums](#)



Whistle w/ Lanyard: Your whistle may be used for sounding alerts and deterring animals.

[Fox40](#)
[Fox 40 Lanyard](#)



Nylon Stuff Sacks: These nylon or mesh sacks (15 – 25 liter capacity) are the perfect solution for organized modular packing in on any adventure.

[Wilderness Adventures](#)



Laundry Bag: Laundry will be done on multiple occasions throughout the trip. In addition to storage of soiled clothes, a mesh or fabric bag will be used for personal organization.

[Amazon](#)



Watch: You will play a large role in the day-to-day logistics of your trip and the first step is knowing what time it is! A water-resistant watch with an alarm is perfect. Rubber watchbands are preferable to metal as well.

[Freestyle USA](#)
[Timex](#)

Passport: Any students traveling to an international country this summer (inclusive of Canada) must bring a signed, valid passport with an expiration date at least six months after the conclusion of the trip. Please keep a photocopy of your passport at home.

[Passport Information](#)

Spending Money: We recommend \$50 per week for souvenirs and snacks. Additional money for your arrival and departure day for airline-imposed fees and food purchases during layovers is helpful too. Your wallet should be small and lightweight.

Dive Card: If you are already certified, this is the certification card you received upon completion of your certification. If you have misplaced yours or never received one, please contact the dive shop where you were certified.

TOILETRIES



Hand Sanitizer: two small bottles (2 oz.) helps keep your hand clean for food preparation, illness prevention, etc.

[Purell](#)



Insect repellent: Repellents with non-greasy formulas that are sweat and water-resistant are typically best. DEET has proven to be incredibly effective but many repellents now use natural ingredients that won't damage fabric or equipment. Please do not bring pressurized cans or aerosol sprays.

[Ben's](#)

[Natrepel](#)

[Sawyer](#)



Sunscreen: We recommend small tubes (6 oz.) of Broad Spectrum SPF 30 or higher with protection from both UVA and UVB rays. Please bring a sunscreen lotion as opposed to an aerosol spray. Please see "Reef Safe Sunscreen" if you are traveling to an area near the ocean.

[Rocky Mountain Sunscreen](#)



Lip Balm : Lip Balms are always good to have on hand to protect your lips from UV damage as well as provide soothing relief for dry, chapped lips.

[Coppertone](#)

[Sun Bum](#)



"Reef Safe "Sunscreen: This item is required for participants traveling to Hawaii (and recommended for other coral reef areas). Reef Safe Sunscreen is made with out oxybenzone and octinoxate, which are extremely harmful to marine life.

[Reef Safe Sun](#)



Moleskin: Moleskin is reliable dressing for blister prevention. Apply moleskin to problem areas before you begin hiking or as soon as you feel friction on the trail. Pre-cut shapes and sizes are great for quick and easy application.

[Adventure Med Kits](#)

MISCELLANEOUS



Compass: A compass suitable for map and compass navigation will have a flat transparent baseplate, rotating bezel, orienting arrows and lines, and of course a magnetized needle.

[Wilderness Adventures](#)



Insect Head Net: A light nylon head net, should be able to fit around your sun hat.

[Sea to Summit](#)



Bandana: If you have a Buff you can substitute that for one of your bandanas or bring it as an additional item.

[Wilderness Adventures](#)



Camp Chair: A lightweight foam seat that supports your back while sitting on the ground. Some sleeping pads come with converters to turn them into a camp chair, which lessens the load you carry.

[Wilderness Adventures](#)



Camp Pillow: You can bring along a small pillow that can easily be stuffed into your bag. Many students choose to make their own camp pillow by simply stuffing their sleeping bag stuff sack with fleece layers and extra clothes.

[Therm-a-rest](#)
[Sea to Summit](#)



Trekking Poles: Hiking poles used for extra support on backpacking trips. Helpful for students with knee and ankle issues.

[Black Diamond](#)
[Leki](#)



Snorkel and Mask: Used for SCUBA and snorkeling, a fun item to have for free time.

[Aqualung](#)
[Cressi](#)
[US Divers](#)



Buff: Bandana like neck-warmer that can be used for sun protection.

[Wilderness Adventures](#)

Gift for Host Family: Any gift would be great, but many students choose to bring a hat/shirt from their hometown, a soccer ball, or a toy for the children of the home.
Any gift is a wonderful gesture!

Gift for Local School: New school supplies to donate to the local schools where we will be doing service. These can include but are not limited to: Pens, Pencils, Markers, Colored Pencils, Notebooks, Stickers, Erasers, Pencil Sharpeners, etc.
Any gift is a wonderful gesture!