

# FALL GAP SEMESTER

## PACIFIC NORTHWEST - PACK LIST

### CAMPING EQUIPMENT

1	75L backpack - with waterproof backpack cover	1	Synthetic camp towel - bath towel size
1	50-60L duffel bag	1	Headlamp (must have red light) - with extra batteries
1	0° sleeping bag - with compression sack	1	Insulated bottle - 32oz (Thermos, Hydroflask, YETI)
1	Sleeping pad	1	4-5" bowl + 10-11" plastic plate + camping utensils
1	Small backpack / day pack	1	Sleeping bag liner - 15°, not cotton
2	Water bottle - 1 liter	1	Camp chair

### CLOTHING

10	Synthetic underwear	1	Rain jacket
5	Sports bras	1	Rain pants
2	Synthetic long underwear - top & bottom - midweight	1	Fleece pullover - midweight
5	Synthetic t-shirt	1	Packable down jacket - heavy weight with hood
5	Synthetic long sleeve shirt	1	Packable synthetic down jacket - midweight
2	Athletic shorts	2	Casual outfit - jeans, cotton shirt, sweatshirt, etc.
2	Hiking pants	1	Swimsuit
1	Fleece pants	1	Gaiters - mid-calf height

### FOOTWEAR + ACCESSORIES

10	Socks - synthetic hiking socks (5) + heavyweight camp socks (3) + casual (2)		
1	Hiking boots or shoes - medium weight	1	Sun hat
1	Water shoes - with heel strap	1	Fleece (winter) hat
1	Athletic shoes	1	Insulated gloves / mittens (with liners)
1	Leather work gloves		

### TOILETRIES

1	Sunscreen	1	Soap
1	Hand sanitizer	1	Deodorant
1	Toothbrush + toothpaste		Moleskin - 10-12 pads
1	Shampoo	2	Lip balm
1	Toiletry bag or Dopp kit	1	Insect repellent - 12oz

### MISCELLANEOUS GEAR

1	Sunglasses - with retainer strap (i.e. Croakies or Chums)	1	Spending money - \$300 recommended
1	Laundry bag	1	Watch with alarm
1	Whistle	1	Cloth face mask
2	Bandana	1	Insect head net
1	Compass	1	Journal
1	Buff/neck warmer	3	Nylon stuff sack - 20L (1 will be used for food)

Optional Items: camp pillow, camera, book, trekking poles, down booties, down pants, neoprene booties, rubber rain boots

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