

SPRING GAP SEMESTER PACK LIST

CAMPING EQUIPMENT

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

CLOTHING

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

FOOTWEAR + ACCESSORIES

8	Socks - synthetic hiking socks (5) + heavyweight camp socks (3)	1	Neoprene river booties
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	Rubber rain boots	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

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	2	Nylon stuff sack - 20L

Optional Items: camp chair, camp pillow, camera, book, trekking poles, down booties, mid calf height gaiters

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