Outdoor Adventure First Year Trip: Personal Equipment List

Please check off each item as you assemble your equipment to make sure that you have everything. Please also see the Equipment Advice document for additional information.

If you already own these items or could borrow them, PLEASE BRING YOUR OWN.

_____ 1 external or internal frame backpack with shoulder straps and padded hip belt. Make sure the pack fits well and that all straps and zippers are in working order.
  ● External ~80+ L and bring sleeping bag straps / cord to hold your sleeping bag onto the pack
  ● Internal ~60+ Liters.

_____ 1 pack cover to keep your gear dry when it rains. Trash bags can serve as rudimentary pack covers – if you do this, please zip lock your clothes.

_____ 1 sleeping bag with stuff sack: Most three-season synthetic fill bags will do. We recommend a minimum 20° F EN Limit / 35° F Comfort Rating. Down bags are acceptable, but extra care must be taken to keep them dry. Waterproof stuff/compression sacks are recommended for all sleeping bags and are required for down bags. Do not bring bags with cotton shell, fill, or lining—if they get wet, you’ll never get them dry. Note that women sleep colder than men and may prefer a slightly warmer rated sleeping bag or to add a sleeping bag liner for increased warmth.

_____ 1 sleeping pad: closed-cell foam sleeping pad (3/8 in. foam) or inflatable (like a Thermarest—not a full-size inflatable mattress). Sleeping pads provide padding and insulation from the ground.

You MUST bring the following items. Outdoor Adventure cannot supply them to you.

Feet:

_____ 1 pair of hiking boots: Your boots should extend over the ankle for ankle support. All-leather boots are more durable, but they’re generally heavier. Waterproof boots are best: the boots may already have a Gore-Tex (waterproof/breathable) liner, or you can treat the leather with a waterproofing compound before the trip. Boots should fit comfortably with two pairs of socks: (1) a light synthetic liner sock and (2) a mid-weight wool sock. Having two sock layers means your socks slide against each other, so that the friction from your boots is absorbed by the sock layers rather than your skin. Friction against the skin is what causes blisters. While wearing two layers of sock, you should have a little extra room at the toe of the boot so that your big toe doesn’t jam against the front of the boot when walking downhill. Make sure your boots are well broken in before you arrive; otherwise your feet will pay the price! Start walking in them weeks beforehand. We cannot emphasize this enough: boots that aren’t broken in invariably cause blisters!

_____ 1 pair camp shoes/creek walkers: Your feet will be tired at the end of the day, and you’ll want comfortable shoes to wear around camp & for crossing streams. Camp shoes could be: Crocs, or sandals with a heel strap (e.g. Chacos) that will stay on your feet (not flip-flops). We recommend a choice that dries quickly and are lightweight.
_____ 2-3 pairs of light synthetic/polypropylene liner socks (optional): Wearing liner socks underneath wool socks helps to prevent chafing since the friction is between the two pairs of socks, not between the boots and your feet. **Do not bring cotton socks.**

_____ 2-3 pairs of medium weight wool hiking socks: Wool socks keep your feet warm even when wet and give good cushioning. **Do not bring cotton socks.**

**Lower Body:**

_____ Underwear (recommended 1/day for females; male guides typically take 3). Synthetic preferable.

_____ 1-2 pairs non-cotton, loose-fitting, athletic shorts (most guides only take 1 pair)

_____ 1 pair non-cotton long pants, loose-fitting: nylon, synthetic, fleece. Athletic warm-ups are great. **No blue jeans or sweatpants**—they take too long to dry! (some guides skip these and only bring long synthetic underwear – see below)

_____ 1 pair lightweight polypropylene long underwear bottoms (optional but highly recommended if you get cold easily)

_____ 1 pair waterproof rain pants or rain chaps, coated nylon (optional – if you bring these, consider leaving the normal long pants behind)

**Upper Body:**

_____ 1 long-sleeve shirt: synthetic base layer (like under armor or Nike DriFit), athletic warm-up

_____ T-shirts: 2 synthetic shirts (hike in one, sleep in the other)

_____ 1 synthetic fleece jacket, wool sweater, or light down jacket: The mountains get chilly at night! (no cotton in this layer)

_____ 1 rain jacket or poncho: coated nylon or waterproof/breathable fabric like Gore-Tex. **Make sure it’s still waterproof**— the waterproof coating on nylon rain jackets degrades over time! You can easily test in the shower. Don’t bring heavy rubberized rain jackets; they weigh a ton and you’ll end up getting very hot and sweaty. Be careful with windbreakers and track jackets, most are not waterproof, especially if they do not have a hood. **Water resistant is not the same as waterproof.**

**Head:**

_____ 1 brimmed cap (wide-brimmed, baseball, etc.) for sun and rain protection (Optional)

_____ 1 wool or synthetic fleece hat for warmth at night
Other:

   Personal

   ______ Any medications you will need to take during the trip (allergy medications, inhaler and its backup, etc.)

   ______ Glasses, contact lenses, and contact solution as needed. Some people find it hard to keep their hands clean enough to be comfortable handling their contacts, and therefore prefer glasses, so we encourage bringing a spare pair glasses as back-up.

   ______ Feminine hygiene products (tampons, pads, wipes)

   ______ 1 toilet kit: Only toothbrush, travel sized toothpaste, comb/brush (optional), sunscreen (high SPF), and SPF lip balm. Do not bring “smellables” like shampoo, soap, shaving cream, deodorant, etc. Things that “smell good” to us are an attraction for insects and animals. OA will provide biodegradable soap.

   Gear

   ______ 3 Liters water capacity minimum. (Nalgene, Camelbak, etc.). You must have these water bottles! We recommend a combination hydration reservoir with an additional bottle.

   ______ 1 small flashlight or LED headlamp with fresh batteries (alkaline batteries last longer). Headlamps are preferred, as they leave your hands free. It gets very dark in the backcountry, don’t forget this.

   ______ At least 3 heavy plastic garbage bags: one for sleeping bag, one for inside your backpack, and one as a rain cover.

   ______ 5 – 6 gallon size Ziploc bags for packing

   ______ 1 unbreakable bowl that you can lick the bottom. Collapsible silicone ones are popular; Tupperware works too.

   ______ 1 unbreakable spoon (fork/knife optional. Combo utensils are popular)

   ______ 1-2 bandannas or handkerchiefs (optional). They are useful for many things in the outdoors.

   ______ 2 nylon lash straps (for tying stuff on your pack)

   ______ 1 compass

   ______ 1 whistle (some packs have one built into the chest strap)

   ______ 9 ft Duct tape - this is the best repair kit you will find anywhere. Wrap it around a water bottle or pencil. (Note - not an entire roll)
OPTIONAL

_______ 1 camera
_______ 1 small notebook and pencil (small)
_______ 1 pair sunglasses or clip-ons
_______ Travel size packets of hand wipes/towelettes (like Wet Ones)
_______ 1 pair lightweight gloves
_______ 1 individual bottle of hand sanitizer (2 oz.) (recommended)
_______ Insect repellent. Repellents with high concentrations of DEET are hazardous, so please do not bring products with more than 35% DEET. No aerosols please—it’s bad for the environment.

DO NOT BRING: You’ll survive without these things, we promise!

● Electronics: iPods, etc.
● “Smellables”: deodorant (attracts bugs and wild animals, unhygienic when showers are unavailable), makeup, nail polish, hair spray, etc.

Please ask us if you have any questions – we’re here to help!

We look forward to meeting you on the trip.

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