

Outdoor Adventure  
**First-Year Trip**

## Individual Gear List

### Notes on Individual Gear

- Staying warm and dry on the trails is a principal concern not only to have a good time but to be safe. Being cold and wet is not only not fun but very unsafe too.
- Absolutely no cotton or denim! Cotton/denim holds water, fails to insulate when wet, and does not dry slowly. These fabrics are **dangerous** in cold environments.
- To stay warm and dry, place clothing items in sturdy, brand-name zip lock bags. Cheap zip lock bags often break and pop open when put in an active wilderness environment.
- E-mail questions to [oa@ou.edu](mailto:oa@ou.edu)

### Basic Equipment

- Backpack, with padded hip belt
  - external ~3750 in<sup>3</sup>
  - internal ~5000 in<sup>3</sup>
- Pack cover (not a garbage bag)
- Sleeping bag (rated 30-35 °F, synthetic, not down)
- Sleeping bag stuff sack (waterproof)
- Sleeping pad
- Hiking boots
- Sandals/creek walkers (no flip flops)
- 4 lash straps (nylon, min. 36 inches)

### Clothing

- 2 shirts (synthetic)
- Long underwear top (synthetic)
- Long underwear bottom (synthetic)
- Sweater or jacket (polar fleece or wool)
- Waterproof raingear top (no water-resistant, ponchos or garbage bags)
- Waterproof raingear pants
- Hat
- Pants (synthetic, zip-off recommended)
- 2 shorts (synthetic)
- 3 pair liner socks (synthetic)
- 2 pair hiking socks (wool)
- 3 changes of underwear (cotton ok)
- 1 set of sleeping clothes (only for sleeping, cotton ok)
- Stocking cap
- Warm gloves

### Other Stuff

- Unbreakable bowl that you can lick the bottom
- Unbreakable spoon
- Water bottles (Nalgene) or hydration system (4 liters minimum)
- Small headlamp or flashlight with extra batteries
- 2 bandanas
- Sunglasses or clipons
- Compass
- Whistle
- Duct tape (9 feet)
- 4 trash bags
- Bag for personal items/smellables
- Sun screen (>15 spf)
- Lip balm/chapstick
- Tooth brush/tooth paste
- Small first aid kit (personal prescriptions, headache medicine, Band-Aids)
- 3 strips of moleskin (one package)
- Hand sanitizer
- Sanitary napkins/tampons (for ladies)
- Backpacking chair (Crazy Creek, Therm-A-Rest, etc.)

### Optional Items

- Camera/film
- Insect repellent (non-aerosol)
- Backpacking pillow
- Hacky sack or frisbee