

# WELCOME PACKET: EXPEDITION PACKING LIST

Wearing the proper clothing on your program is crucial. Because our program environments are characterized by unpredictable weather it can get cold any time of the year. Your packing list has been carefully compiled based on all the weather conditions you may encounter while on your program. **As a reminder, if you do not have any of the gear on this list we can provide items for you to borrow.**

Dressing in several light layers rather than one heavy layer allow you more flexibility as the weather and workloads change. Wool has been the long-time favorite of outdoors enthusiasts as it retains much of its insulating qualities when wet. Even better than wool are synthetic layers, also called “polypropylene”, “pile”, “fleece”, “Polarfleece”, “Capilene”, or polyester. Like wool, these synthetics insulate when wet but weigh less than wool and dry more quickly. Trust us, synthetics are also more comfortable next to the skin. Both synthetic and wool items are available in backpacking stores and surplus outlets.

Cotton clothing (except T-shirts) such as jeans or sweatshirts, will not be allowed for the expedition portions of your course. Cotton retains moisture and loses insulating qualities and weighs more when wet. Due to safety concerns, open-toed sandals are not allowed on course. Each student should have a total of 2 pairs of closed toe shoes for any course, one pair for daily use and one pair that can get wet. PLEASE DO NOT BRING LOTION, SOAP, DEODORANT, OR PERFUME.

## WHAT TO BRING

- 1 pair of hiking boots [BACKPACKING COURSES]
- 1 pair of closed toed shoes to get wet [CANOE OR KAYAK COURSES]
- 1 pair comfortable closed toe shoes with tread
- 2 – 4 pairs of heavy wool or synthetic socks
- 1 – 2 pairs of quick drying shorts
- 1 pair of loose fitting pants (nylon sweatpants, camo-pants, wool or synthetic, NO JEANS)
- 1 set, top and bottom, synthetic long underwear (NO COTTON or 50/50 BLEND)
- 5-7 pairs of underwear / 1-2 bras-MUST BE PROVIDED BY student
- 1-2 tee shirts
- 1 lightweight long sleeve shirt (button up or loose fitting) for protection against bugs and sun
- 1 heavy wool, fleece, or pile sweater
- 1 warm wool or synthetic hat
- 1 pair gloves or mittens
- 1 Rain Jacket
- toothbrush and toothpaste
- One-piece bathing suit [CANOE OR KAYAK COURSES, WOMEN ONLY]
- Personal hygiene items for women (Bring pads/tampons, even if not anticipating menstruation)
- Extra glasses and or contacts
- Medication in waterproof container or bag
- 2 - 4 pairs of liner socks (preferably not cotton)
- Small flashlight or headlamp
- baseball hat or sun visor
- 1-2 bandannas
- sunglasses
- sunscreen
- insect repellent (non-aerosol)
- Chap stick

## OPTIONAL ITEMS

- small hand towel (synthetic sports type ideal)
- foot powder
- camera (disposable cameras are preferred)
- small notebook and pen
- 2-3 gallon-size ziplock bags

## MEDICINE

Prescription medications must be approved by the Medical Screening Department before the program start. If you cannot go for 24-36 hours without your medication, in case of an emergency, we recommend that you bring double the amount needed (with written instructions) in separate, non-breakable, waterproof containers.

YOU MUST BRING AN INHALER IF YOU HAVE ASTHMA. Even if you have not used your inhaler in years, you should still bring it.

## GLASSES or CONTACT LENSES

If you wear glasses or contact lenses, bring a spare set, if possible. Even if you only wear glasses for reading, please bring them for use in map and chart reading. Glasses should be held on with a strap.

## FOR WOMEN

While you are on a program your activities and environment may cause changes in your menstrual cycle. Plan accordingly. If you know that you'll be menstruating while on course please bring whatever feminine hygiene products you normally use at home.

## WHAT NOT TO BRING

- Alcohol, drugs or tobacco. In keeping with legal, safety, health and ethical considerations, these substances are not allowed on our programs. Use of any of these will result in removal from the courses.
- Open toed shoes or sandals.
- Cell phones (can be secured on campus while student are on expedition)