PRE-ORIENTATION TRIP EQUIPMENT LIST
Thalheimer Wellness

What to pack in: You may pack in anything that you’d like. A backpack is easiest to carry, but a duffel bag is perfectly acceptable.

Essential Gear

Clothes
- 2 tee-shirts
- 1 pair of shorts
- 1 bathing suit
- 1 pair lightweight pants; no jeans (they get wet and cold!)
- 1 wool or synthetic pile sweater
- 1 set (top & bottom) synthetic long underwear: two good types are polypropylene and capilene. Any types containing cotton are bad. Cotton robs the body of essential heat when it is wet.
- 1 pair of old sneakers that you don’t mind sacrificing to the water, mud, and other elements that you will encounter. Sturdy sandals, such as Tevas, are also acceptable.
- 1 pair hiking shoes; heavy hiking boots are unnecessary but you will want boots or shoes with some support - sturdy sneakers or light hikers are a good idea.
- 1 wool or synthetic fleece hat
- 1 hat for sun and bug protection
- underwear for 4 days
- 3 pairs wool socks
- 1 pair wool mittens or gloves
- rain gear: rain jacket & pants are ideal, but a parka is acceptable

Gear
- sleeping bag (pack this inside a tough garbage bag inside its regular stuff sack to help ensure dryness)
- sleeping pad (closed-cell pads or Therma-Rests® please, open cell foam pads act like sponges)
- day pack (a small backpack or bookbag is fine)
- 1 of each: cup, bowl, spoon (no glass)
- pocket knife
- 2 water bottles (no glass)
- flashlight and extra batteries
- sunscreen (spf 15 is good)
- bug repellent
- a few extra garbage bags
- toilet kit: its contents should be those things that you cannot live without (toothbrush, toothpaste, tampons, biodegradable soap)

Optional Gear
- camera (the Outing Club loves copies of good photos)
- sunglasses
- journal and pen/pencil
- reading material (a small paperback)
- small towel