What to pack in: You may pack in anything that you like. A backpack is easiest to carry, but a duffel bag is perfectly acceptable. Be sure to waterproof everything inside a garbage bag.

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
- 2 set (top & bottom) synthetic long underwear, such as polypropylene or capilene. Any types containing cotton are not acceptable. Cotton robs the body of essential heat when it is wet.
- 1 pair of old sneakers/shoes/ that you don’t mind sacrificing to the water, mud, and other elements which you may encounter. These may be sport sandals such as Chacos or Tevas, but no flip flops or sandals without a heel strap.
- 1 pair of shoes for hiking on day hikes and in camp
- 1 wool or 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. If you have a down sleeping bag it is essential that it is water tight - down loses all ability to keep you warm when it gets wet!!)
- sleeping pad (closed-cell pads or Therma-Rests® please, open cell foam pads act like sponges)
- 1 of each: cup, bowl, spoon (no glass)
- pocket knife
- 2 water bottles (no glass)
- flashlight and extra batteries
- sunscreen - this is essential. Water trips have the potential to expose participants to lots of sun from both direct light and reflected light.
- 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 and film (the Outing Club loves copies of good photos)
- sunglasses
- journal and pen/pencil
- reading material (a small paperback)
- small towel