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**GEAR SUGGESTIONS FOR 2015**

**CLOTHING**

Wool or fleece/pile jacket or sweatshirt

Raingear - completely waterproof; small ponchos you buy at Wal-Mart are **not** adequate

Long underwear top (non-cotton)

t-shirts (2-4 – preferably dri fit and non-cotton)

Long sleeved shirt (preferably synthetic material like polyester or polypropylene)

Long underwear bottom (non-cotton)

\_\_\_\_\_ Long pants (rain layer like nylon or Gortex)

\_\_\_\_\_ Shorts

\_\_\_\_\_ Underwear

\_\_\_\_\_ Liner socks (2 pairs of thin polypro or polyester for hiking)

\_\_\_\_\_ Wool socks (2 pairs)

\_\_\_\_\_ Hiking boots/trail running shoes (most tennis shoes will NOT feel good on rocky trails – make sure they are broken in

\_\_\_\_\_ Old tennis shoes or sandals (to put on at camp after a day of hiking; they can also be used for your rafting trip, as long as they have straps that will keep them secure… you cannot wear shoes like Crocs on the river)

\_\_\_\_\_ Wool/fleece stocking hat

\_\_\_\_\_ Wool/fleece gloves or mittens (a thin pair will usually suffice for camp and the start of the Sunday morning hike)

\_\_\_\_\_ Bandanna (optional)

\_\_\_\_\_ Baseball cap or visor (optional)

**EQUIPMENT**

\_\_\_\_\_ Sleeping bag (20° rated or warmer is a must)

\_\_\_\_\_ Insulating pad (Closed cell foam like Ridgerest or Therma-rest)

\_\_\_\_\_ Cup and spoon; (16-20 oz. is sufficient, insulated plastic mugs with lid and handle sold at gas stations or Wal-Mart work well)

\_\_\_\_\_ Sunglasses

\_\_\_\_\_ Headlamp or flashlight w/ fresh batteries

\_\_\_\_\_ Small notebook and pen

\_\_\_\_\_ Camera (optional)

\_\_\_\_\_ Large, heavy duty trash bags (3)

**\_\_\_\_\_ SUNSCREEN: waterproof, SPF 30 or higher** (2-4 can share)

**\_\_\_\_\_** Water bottles (2 - one-quart Nalgene bottles are best)

\_\_\_\_\_Camp chair - This should be lightweight and packable.

\_\_\_\_\_Duct tape (optional, 1 roll for your group ought to do)

\_\_\_\_\_ 2-4 man tent or larger tent (based on the needs of your travel group)

**PERSONAL**

\_\_\_\_\_ Toiletries, including towel (for shower at Rec Center)

\_\_\_\_\_ Glasses or contacts (if needed)

\_\_\_\_\_Hand sanitizer (small bottle)

\_\_\_\_\_ 3 Zip-loc bags (1 large for notebook, 2 any size for miscellaneous use)

\_\_\_\_\_ Lip balm with sunscreen

\_\_\_\_\_ Any necessary medication

\_\_\_\_\_ Moleskin for blisters

\_\_\_\_\_ Insect repellent – (2-3 can share)