The Northeast and New England climate is extremely variable and weather conditions can change rapidly from a beautiful blue sky T-shirt day to a chilly rain. Proper gear and clothing will ensure you have fun either way and stay safe.

⚠️ When synthetic is indicated, please do NOT bring cotton or cotton blend. It absorbs moisture and will not keep you warm when it is wet.
⚠️ Please bring your gear in either a duffel bag or your backpack. On arrival day you will unpack all of your gear so that your trip leaders may check it, item by item, during an equipment shakedown.
⚠️ Do not bring extraneous items that are not listed below.

Items marked with an * may be rented. Please see Rental Request form.

### MANDATORY PERSONAL ITEMS

#### Upper Body

- ___ Synthetic long underwear tops (2, no cotton!)
- ___ Wool sweater or fleece jacket
- ___ Waterproof jacket (Coated nylon is fine. Gore tex is not necessary)
- ___ T-shirt (2, at least one synthetic recommended)

#### Lower Body

- ___ Synthetic long underwear bottom (1 pair, no cotton!)
- ___ Water resistant/windproof pants (nylon is fine)
- ___ Shorts (2 pair, synthetic recommended)
- ___ Underwear/ Sports bra (synthetic recommended)
- ___ Bathing suit

#### Head and Toe

- ___ Wool or fleece hat (baseball caps don’t count)
- ___ Wool or synthetic socks (3 pair, no cotton!)
- ___ Sunglasses with retaining strap
- ___ Sun Hat with Rigid Brim (visor or baseball cap)
- ___ Polypropylene glove liners (1 pr. Acrylic gloves from a pharmacy work great)
- ___ Sneakers (for short day hikes and to wear in camp while cooking)
- ___ Camp/Swimming shoes (NO flip flops! Shoes MUST have a backstrap, i.e. Tevas, Chacos, Crocs with heel strap)
  - o Bare feet are NOT allowed! Foot injuries will severely impact the trip. Bring camp shoes for time off trail and swimming.

#### Miscellaneous

- ___ Toothpaste and toothbrush (we recommend travel size)
- ___ Spare Glasses/Contacts if applicable
- ___ Sunscreen, chapstick, & insect repellent
- ___ If applicable:
  - o Contacts, solution, glasses
  - o medication
  - o tampons/pads (please bring extra as the high level of activity can change your menstrual cycle)
MANDATORY EQUIPMENT

___ 2 Large Plastic Bags (heavy duty, used to keep gear dry)
___ *Synthetic Sleeping Bag (Rated to at least 30 degrees. Down bags are not permitted!)
___ *Headlamp/Flashlight (lightweight with extra batteries)
___ Pack Towel (synthetic, absorbent towel)
___ *2 Water Bottles (1 qt. with screw on cap. No breakable plastic)
___ Bowl and Spoon (lightweight and plastic. Tupperware with lid works great)
___ Sunscreen, chapstick, & insect repellent

STRONGLY RECOMMENDED ITEMS (You’ll thank us)

___ Bandana
___ Heavy Long Underwear Bottoms/ Fleece Pants
___ Small School Backpack or Day Pack that rolls up easily (for short hikes)

OPTIONAL ITEMS

___ Crazy Creek/ Camp Chair
___ Pocketknife
___ Book/ Journal
___ Camera
___ Heavyweight Long Underwear Top
___ Fingerless Bike Gloves (the help prevent blisters from paddling)

Outdoor Ed will provide the following items:

- Neoprene tops and bottoms
- Neoprene booties
- PFD’s (lifejackets)
- Sleeping Pads
- Paddle Jackets
- All kayaks, paddles, spray skirts and safety gear

Places to get gear: family and friends, local sporting goods stores, thrift stores, Army/Navy surplus stores, REI, Campmor.com, Sierratradingpost.com, EMS, K-Mart, etc.


DO NOT BRING THESE ITEMS Carrying or using these items will result in immediate dismissal from the trip.

Alcohol, Unprescribed drugs, cigarettes, chewing tobacco

Also leave deodorant, jewelry, cosmetics, shampoo, iPods, and cell phones at home or in a bag at Basecamp.