

# OP - Adirondacks Trip

## Clothing List

Item	Use/Type
Peaked ball cap/Sun hat	To provide shade from sun
Toque	For warmth
Buff &/or bandana	For sun protection
Swim suit	Or shorts & bathing suit top
2 pairs of quick-dry shorts	Can be used as swim suits (wear one, pack one)
2 T-shirts/tank top	One t-shirt must have short sleeves for sun protection (wear one, pack one)
Long pants (RAD- rapid-air dry)	NO jeans or jogging pants (not needed if you have wind pants to go over long underwear)
1 Long underwear top & bottom	Wool or synthetic material- No cotton
Long sleeve fleece or wool shirt	Must be large enough to fit over long underwear top
Rain jacket & pants	Must be reliable & large enough to fit over layers
1 pair of "Trip" shoes (aka "Wet" shoes)	Must be sturdy, closed toed footwear that have good ankle support. These shoes will be worn during the day (when travelling); these will get wet. (i.e. running shoes or hiking shoes/boots) Water shoes & sandals are not acceptable "trip" shoes.
1 pair "In-camp" shoes (aka "dry" shoes)	These will be worn in & around camp. Breathable shoes or sandals with secure top & heel straps are acceptable. Absolutely NO flip-flops.
3 pairs of wool socks	
3 pairs of underwear	

## Gear List

Item	Use/Type
Sleeping Bag	Preferably smallish when packed
4' x 8' ground sheet	Tarp-like material or heavy duty plastic is best
Thermarest or insulate pad	Please try to avoid thermarests or pads that do not roll up into a <b>small</b> cylinder
Small dry bags	10L bags are great, 20L bags are satisfactory, 30L bags do not fit properly into our packs. Total of all bags (including your sleeping bag) should not exceed 30L
2 (1 Litre) water bottle(s) with carabiners	A wide-mouth screw-top is best! Stainless steel, aluminum or plastic (BPA-free).
Cup, bowl, spoon	Sturdy Tupperware bowl with lid (i.e. "short" Nalgene containers with screw-top lid)
Pocket knife or multi-tool	No blades great than 4" will be permitted. Must have a locking blade
Lighter and/or matches	Make sure they are in a waterproof bag (i.e. Ziploc)
Whistle	To be worn while hiking
Headlamp or flashlight	With extra batteries
Insect repellent	No aerosols
Toiletries	Toothpaste, toothbrush, dental floss, hand sanitizer (max 30ml), comb, toilet paper (small roll). Bring all items in a small bag with a pull string or in a Ziploc
Sunscreen, lip block, sunglasses	Minimum SPF 15 / UVB/UVA (broad spectrum) sunglasses with UV protection
Nylon Cord	~3m in length & diameter of a shoelace. Used for making clothes line(s)
Tampons or pads (feminine)	Please bring even if you're not expecting your period on trip. Should include the appropriate disposal materials (aluminum foil squares and Ziploc bags).
Camera, watch (with alarm), book, playing cards (optional)	A watch is very useful to have on trip! Cameras help us create slide shows ☺
Glasses &/or contacts	Bring extra pair of glasses/contacts in case of damage
Prescription Drugs, inhalers, epi-pens	Please bring 2 sets of required medications. Students will keep 1 set & staff will keep other set safe in case 1 is lost or spoiled
Your OP Manual & writing utensil(s)	Make sure manual is kept in a waterproof bag
Your passport, border crossing permission form & travel insurance	You won't be able to go on trip without these items. Photocopies are not acceptable.
Money & Disposable lunch	Lunch - for bus ride to Adirondacks. Money - for bus ride home
Energy/Granola Bars	This is your snack for trip. Must be in BAR form as GORP is too bulky for a hiking trip. Recommended 1-2 bars per day; this will depend on the size of the bar as well as the students eating habits. Please buy only once the session has started (in case there are students with allergies).

**Please Note: Juice Crystals are NOT permitted in the Adirondack High Peaks Region.**

### DO NOT BRING

Any alcohol, cigarettes or illegal drugs- you will be sent home and/or evacuated from the course.

Any electronic devices such as cell phones, iPods, etc.

Any deodorant, antiperspirant, make-up, soap, shampoos, etc.