

ONWARD UPWARD

SCHOOL FOR ADVENTURE-BASED LEARNING AND EXPLORATION FOR DISCOVERY

BACKPACING EXPEDITION GEAR LIST

Feet

1. Hiking Boots
2. Socks (**NO COTTON**)
 - 2-4 pair of mid weight socks for hiking
 - 1 pair of heavy weight socks for sleeping
3. Shoes for camp (no open toed sandals): Crocs or light weight sneakers work well

Lower Body Layers (NO COTTON)

4. Underwear/synthetic briefs (bringing at least 3 pairs is recommended)
5. 1 pair of tights or synthetic long underwear
6. 1 pair of long hiking pants

Upper Body layers (NO COTTON)

7. Light weight short sleeve top
8. Light weight long sleeve top
9. Fleece top (may be available upon request)
10. Pile jacket (may be available upon request)
11. Lightweight synthetic jacket
12. Ski/knit hat (may be available, upon request)
13. Sun hat/baseball cap
14. Sunglasses

Hands

15. Light weight gloves (may be available, upon request)

Rain Layer

16. Rain pants (may be available upon request)
17. Rain jacket with hood (may be available upon request)

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Sleeping System

18. Synthetic (no down) sleeping bag, 20 degree F or warmer (may be available, upon request)

19. Sleeping pad (may be available, upon request)

- Thermarest (open cell)

or

- Closed cell foam pad

Pack (may be available, upon request)

1. Volume: 30-70 liters, a 30 liter backpack is an acceptable size for this program, however if you think you may be participating in longer extended programs/trips in the future we recommend a 50-70 liter pack.

Incidentals

2. Tooth paste and brush
3. A small pack of baby wipes (available, upon request)
4. Watch w/ alarm, NO CELL PHONES
5. Bowl and fork (will be provided)
6. Water Bottle (will be provided)
7. Whistle (will be provided)
8. Notebook and pen/pencil