

# ONWARD UPWARD

SCHOOL FOR ADVENTURE-BASED LEARNING AND EXPLORATION FOR DISCOVERY

## BACKPACING EXPEDITION GEAR LIST

It is very important that students are outfitted with the gear that they need. All group gear is provided. The following list are the personal items students will need. For socks and clothing students must have synthetic (no cotton) items. Onward & Upward has several equipment items including clothing that students may borrow. Everything listed below may be available upon request. Please review the list below and let us know as soon as possible about any items you may need help in acquiring.

### 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
10. Lightweight synthetic jacket
11. Ski/knit hat
12. Sun hat/baseball cap
13. Sunglasses

### Hands

14. Light weight gloves

### Rain Layer

15. Rain pants
16. Rain jacket with hood

### Sleeping System

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

### Pack

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19. Volume: 40-70 liters, a 40 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

20. Tooth paste and brush
21. Hair Ties and Brush
22. A small pack of baby wipes
23. Watch w/ alarm
24. Bowl and fork (will be provided)
25. Water Bottle (will be provided)
26. Whistle (will be provided)
27. Notebook and pen/pencil
28. Optional Items: a book, playing cards

## Medication:

Any prescription or over the counter medication must be turned into Onward and Upward Staff, and will be given to students for self-administration as required by directions given to staff. Please request and read Onward & Upward's Medication Policy.

## Do Not Bring:

1. Cell Phone
2. Knife
3. Personal Food
4. Extra Items

Besides carrying personal gear students will also carry their share of group gear. Extra personal items including personal food means extra weight. Packs are weighed prior to departure and may not be more than 1/3 of participant's weight. Any extra items that are brought may be required to be left behind depending on pack weight.