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. Remember: there’s no such thing as bad weather – just poor preparation. Here are some things to keep in mind:

• Where synthetic is indicated, please do NOT bring cotton or cotton blend. This is because cotton absorbs moisture and will not keep you warm when it is wet. Synthetic, on the other hand, wicks sweat away from your body, so it will keep you more comfortable.
• Please bring your gear in a duffel bag. 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 borrowed for free from Outdoor Education. You should request to borrow gear online when you pay your balance.

If confused about gear terms, or what we're looking for, please see our “Gear Clarification” PDF located on the Wilderness Adventure website.

MANDATORY CLOTHING

Upper Body
- (2) Synthetic long underwear tops (No cotton!)
- (1) Wool sweater or fleece jacket
- (1) Waterproof rain jacket (Coated nylon is fine. Gore-Tex is NOT necessary)
- (2) T-shirt (1 cotton, 1 synthetic)
- (1-2) Sports bra (Use your judgment re: quantity)

Lower Body
- (1) Synthetic long underwear bottom (No cotton!)
- (1) Lightweight rain pants (coated nylon is fine. Gore-Tex is NOT necessary)
- (2) Shorts (Synthetic recommended)
- (1x/day max.) Underwear (Use your judgment re: quantity)
- (1) Bathing suit (men can use a pair of synthetic shorts)

Head and Feet
- (1) Wool or fleece hat
- (1) Wool or synthetic socks (3 pair, no cotton!)
- (1) Sunglasses with retaining strap
- (1) Sun hat with rigid brim (visor or baseball cap)
- (1) Sneakers (for short day hikes and to wear in camp while cooking)
- (1) Camp/water shoes/sandals
  o No flip flops! Sandals MUST have a heel strap, i.e. Tevas, Chacos, or Crocs with heel strap
  o Bare feet are NOT allowed! Foot injuries will severely impact the trip. You must bring camp shoes for time in camp and any swimming or wading.
MANDATORY EQUIPMENT
☐ (1) *Synthetic sleeping bag (Rated to at least 30°. Down bags are not permitted!)
☐ (1) *Sleeping pad (See note in shaded box below)
☐ (1) *Headlamp (preferred) or lightweight flashlight
☐ (1) Set of extra batteries for your headlamp/flashlight
☐ (1) Pack towel (Synthetic, absorbent towel)
☐ (1) Small school backpack or day pack that packs down very small (For short hikes)
☐ (1) Journal & pen/pencil
☐ (2) *Water bottles (Must be 1 liter capacity each with a screw on lid– Gatorade bottles work well)
☐ (1) Bowl and (1) spoon (lightweight and plastic. Tupperware with lid works great!)
☐ (1 each) Sunscreen, lip balm, & insect repellent
☐ (1) Toothpaste and toothbrush (We recommend travel size)
☐ If applicable:
  o Spare Glasses/Contacts, solution (Wear dailies or bring spares)
  o Medication
  o Tampons/pads (Please bring extra as the high level of activity can change your menstrual cycle)

OPTIONAL ITEMS
☐ (1) Bandana
☐ (1) Heavy long underwear bottoms/fleece pants
☐ (1) Lightweight gloves (To keep hands warm at night)
☐ (1) Fingerless paddling gloves (To help prevent blisters while paddling)
☐ (1) Crazy Creek/camp chair
☐ (1) Pocketknife
☐ (1) Camera
☐ (1) Book to read
☐ (1) Heavyweight long underwear top

Outdoor Ed will provide the following kayak-specific items. If you have your own of any of these items and want to use your own, please bring them:
• Compact, inflatable sleeping pad (e.g. Neo air or lightweight Thermarest)
• Neoprene tops and bottoms
• Neoprene booties
• PFD (Lifejacket)
• Paddle jacket
• All kayaks, paddles, spray skirts, etc.

DO NOT BRING THESE ITEMS: Alcohol, unprescribed drugs, cigarettes, or chewing tobacco. Carrying or using these items will result in immediate dismissal from the trip.

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

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