

# O.A.O. 2020 - EQUIPMENT LIST FOR BACKPACKING TRIP

## - Do Not Bring Any Cotton Clothing -

**Proper equipment** is the basic foundation on which we will build a fun, safe and enjoyable adventure trip. The key is to be prepared so that whether it is sunny or storming you will be able to have an enjoyable and safe experience. **It is imperative that you read the equipment list carefully before purchasing or renting gear for the Outdoor Adventure Orientation program.** If you have further questions concerning equipment for the trip please feel free to call the O.A.O Department. Someone will be in the office during the following times:

M-F, 9 am. – 4 pm. Leave a message or e-mail and it will be returned, if you do not get a hold of one of our staff.

[\(570-389-2100\)](tel:570-389-2100)

If no one is available to receive your call please leave a message including your name, phone number, session, and we will call you back. Another option is to e-mail us at [OAO@bloomu.edu](mailto:OAO@bloomu.edu)

It is important that you obtain gear which is functional and of high enough quality to last for 7 days of constant use. Leaky raingear, dripping water bottles, and ill-fitting boots are a hassle for the entire group and compromise your own comfort and everyone's safety; low quality gear is unacceptable.

Depending upon your budget, it is important for you to consider your options for obtaining gear. **Think ahead!** It is not necessary to buy everything you need. Below are some tips to keep the costs low.

Get items on **sale**. Many outdoor stores have yearly or quarterly sales. Consider buying **used** items (be sure it is still in good condition). Check out garage sales or resale ads posted in outdoor stores. Secondhand and thrift stores are a particularly good place to find great wool sweaters and wool pants. Also consider **borrowing** items from a family member or friend.

**It is imperative that students arrive with their equipment in good order.** The instructors will check your equipment the morning you arrive and will ask you to leave behind any items we feel are not suitable for the course. **If a piece of equipment is deemed unsafe or likely to fall apart in the field, we will require you to replace it by purchasing it from a local store.** This policy enables us to ensure the group a safe, hassle-free experience once they leave for the trailhead.

**The following items are required for your wilderness journey.** A few optional items are listed at the end. Remember that you have to carry your share of the group gear (food, stoves, pots, tents, climbing gear, etc.) and a light pack is definitely preferable. Instructors may limit your optional gear depending upon weight and size.

**Weight and bulk must be kept to an absolute minimum because it all adds up fast.** Trust us that you will be glad that you made efforts to lighten your load once you are on the trail.

Equipment	Comments	√
Boots	This is one of the most crucial items that you will take on the trip. They must fit your feet well! They should be either medium or heavy weight leather and/or leather and synthetic combination hiking boots. They must come up over your ankle to provide support for hiking with a pack. Try to have your boots <b>well broken in!</b> Start by walking around home with them for a few hours at a time and then gradually lengthen the time you wear them. Take them on a few day hikes in your area. This will help prevent blisters, our most common and painful problem while on OAO. <b>BU does not rent or sell boots.</b>	
Light Tennis Shoes or Teva/Chaco type sandals	To change into once in camp for comfort and for creek crossings. They should be lightweight and ones you don't mind getting wet and dirty. Crocs and old running shoes are a good option, but <b>flip flops are not acceptable camp shoes.</b>	
Socks	Three pairs of medium-weight wool or wool/nylon or wool/polypropylene socks. Bring two pairs of light liner (polypropylene) socks if you use them. The combination of a wool sock over a liner sock works well for preventing blisters and for general comfort. <u>No cotton socks!</u>	
Long Underwear <b>Top and Bottom</b>	Light or medium weight wool or synthetic (polypropylene or capilene, etc) long underwear only. <u>No cotton (check the tags)!</u>	
Insulating Pants	Either nylon pants, wool pants, fleece pants, or expedition weight long underwear are necessary. You must have an extra layer for your lower body in addition to your long underwear and rain pants. <b>No jeans or sweat pants.</b> Army surplus and Goodwill stores usually have inexpensive wool pants that also make great apparel for those rainy days.	
Underwear (optional)	Optional, 2-3 pair maximum. Men can go without underwear, and use nylon shorts with liners. Women can wear what's comfortable; cotton, silk, or synthetics are fine. Bras should be synthetic or silk.	
Shorts	One pair only. Light nylon running shorts are best. They dry quickly and can double as swimsuit bottoms. Cotton shorts are acceptable. Be sure to try them on with a pack to ensure that they fit comfortably with a backpack hip belt.	
Upper body insulation	Layering several lightweight layers works much better than one heavy garment. Layering allows one to make adjustments for climate and heat output changes as you exercise. Make sure all	

Upper body insulation (Cont'd)	<p>the garments you bring will fit over each other with room for your rain gear on top of it all. Temperatures can drop below freezing, even in summer. You need to be prepared for cold, wind, and rain.</p> <p><b>Please bring at least three of any combination of the following upper body insulation layers (NO COTTON!):</b></p> <ul style="list-style-type: none"> <li>*<b>midweight layer (synthetic or wool)</b></li> <li>*<b>Synthetic (fleece) vest</b></li> <li>*<b>warm outer layer</b></li> <li>*<b>insulated or heavy weight fleece jacket</b></li> <li>*<b>heavy weight synthetic shirt or expedition weight long underwear top</b></li> <li>*<b>down or synthetic down insulated jacket</b></li> </ul> <p>Our advice is to bring the layers that you think might work, and our instructors will sort through them and help you select the best option.</p>	
T-shirt	Short sleeved, or one short and one long sleeved. Lightweight cotton T's are more comfortable during the heat of the day. 2 maximum.	
Heavy, Warm Hat	The old saying "if your feet are cold, put on a hat" is true. Bring a warm wool or synthetic hat which covers your ears.	
Sun Hat	A lightweight visor or baseball hat works well. This is essential to shade your face from the sun. Be sure your hat can be stuffed into a pack.	
Liner Gloves	Lightweight synthetic liner gloves are best for additional warmth and ease of functioning on chilly mornings.	
Rain Jacket and Pants	<p>A quality rain jacket and pair of rain pants are required. They must be fully waterproof, not just water-resistant (test your gear in the sink or shower), with snaps and zippers that work. Ponchos and cheap plastic rain gear are unacceptable because ponchos don't keep you dry in a windy rainstorm and plastic rain suits fall to pieces (literally!) in cold weather. Gore-tex and other "breathable" waterproof fabrics are great but expensive. If you arrive with raingear that is not fully waterproof we will ask you to purchase raingear here. Please do not bring ski or snowboard jackets- they are very heavy and are often only water resistant.</p>	

Equipment	Comments	√
Backpack	Either internal or external frame packs are fine. Your pack <b>must have a well-padded hip belt and have a volume of 4500-6000 cubic inches (75-100 liters)</b> , including sleeping bag stuff sack if external frame. Please note that this is a larger volume than most outdoor stores will try to sell you. Your pack must fit you well and be in good condition. Check all straps and zippers. We recommend that you take your pack to a local mountaineering store and ask them to help you size it.	OAO Request
Day-pack (optional)	Something small and lightweight. Most top pockets to big backpacks, detach and convert into a daypack so you won't need to bring an additional one.	
Sleeping Bag	A sleeping bag with a mummy-style hood is essential. Synthetic fill or down is OK. <b>Cotton is unacceptable.</b> Synthetic fill bags have the advantage of keeping you warm if they get wet. Down has a much higher warmth to weight ratio, will generally last longer, but is useless if it gets wet. If you have experience using a down bag and know how to keep it dry, you may bring it. Your bag should have a temperature rating of 20 degrees or lower.	OAO Request
Sleeping Pad	A full-length ensolite or closed cell foam pad (versus open cell foam, which absorbs water and is no good), about ½ inch thick. The pad is used for insulation between your sleeping bag and the ground. A Therm-a-Rest is a great option (bring a patch kit).	OAO Request
Ground Cloth	Lightweight plastic or nylon tarp that goes between the ground and your sleeping pad. It should be approximately 4'x7.	OAO Request
Trekking Poles	Adjustable trekking poles are helpful for balance when crossing streams or for reducing stress on knees when hiking downhill with a pack. Two work better than one.	OAO Request
Water Bottles	Quart or liter size. They must seal completely. A hydration bag (camelback or equivalent) in addition to one wide mouth quart sized water bottle is also acceptable. One quart Gatorade bottles are less expensive and more lightweight than Nalgene's, and are acceptable.	
Bandanas	Can be used for a number of purposes; sun protection, to cool your neck, hold hair back, as a back-up pot holder, towel, washcloth, etc.	

Cup, bowl, and spoon	A cup and bowl made of durable plastic are best to prevent breakage, keeping food warm, and are also lightweight. We recommend against metal bowls and cups because hot food and drink can easily burn you through the metal. A lexan (hard plastic) or metal spoon is fine. No plastic “picnic” spoons.	OAO Request
Heavy-duty Garbage Bags	To keep your sleeping bag and extra clothes dry. Also used as a lightweight pack cover in the rain. They must be the heavy weight, large trash can sized variety. 30-33 gallon <b>trash compactor bags or contractor bags</b> , are the best (these are super strong and far superior to normal trash bags). You will likely have better luck finding them at a hardware store than a drug store.	
Headlamp or Flashlight with extra batteries	Lightweight, small and durable. Check if your headlamp or flashlight takes AA or AAA batteries, and bring extras. A headlamp is recommended over a flashlight, because it frees up your hands for other tasks.	OAO Request
Sunglasses	You must have a pair of dark sunglasses. Expensive glasses are not necessary. Bring a keeper leash, or make one out of string.	
Sunscreen	SPF 30 or higher. Because you will be sweating, waterproof is best. Please bring a <b>small</b> bottle.	
Lipbalm	With SPF.	
Whistle	Lightweight, on a lanyard or cord.	
Personal Hygiene Kit	Just the necessities: toothbrush and a <b>small</b> tube of toothpaste (travel size works best). Optional items include a small bottle of skin cream and a small comb/brush. (A note for women: strenuous activity can change a woman’s cycle, so please come prepared: bring tampons or pads and two ziplock plastic bags to pack them out of the wilderness. Baby-wipes are a useful item for keeping clean, as well.) <b>Do not bring any soap, deodorant, shampoo, makeup or cologne into the wilderness (these are unnecessary, odorous items that attract critters).</b>	
Journal and pens	A small notebook or pad of paper to keep a journal of the trip and a couple of pens or pencils are <b>required</b> . Put them in a ziplock bag to keep them dry.	
Pocket knife (OPTIONAL)	Highly recommended for preparing food. Small and lightweight, Swiss Army or Leatherman style is ideal.	
Camera (OPTIONAL)	A small, lightweight camera is highly recommended! Please note that camera equipment will require special care in the varied weather conditions we encounter. Double bagging in plastic or a waterproof bag is a good idea.	
Light Camp Chair/Crazy Creek Chair (OPTIONAL)	Since we will spend most evenings sitting together, a lightweight crazy-creek or therma- lounge type chair can be useful. You may also choose to simply sit on the ground, or on a folded ensolite foam pad.	

Equipment	Comments	√
Clean change of clothes and shower supplies	You will want an extra set of clean clothes for the drive between the mountains and BU. These can be left in the van while we are backpacking. You will also be able to leave a “shower bag” at BU for use when we return to campus and take showers at the end of the trip. Pack clothes in a paper bag or duffel bag with your name on it. Include shampoo, soap and a towel in this bag.	
Cash	Bring \$40 for snacks on the road, unexpected expenses, and any unexpected equipment rentals/purchases. We are quite serious about requiring students to have safe, reliable equipment. <b>If we deem a piece of equipment unsatisfactory you will be required to purchase the item.</b> Hopefully you won’t need most of the extra cash, but if you do you’ll be glad to have it!	
Eye Glasses and Contact Lenses	If you wear prescription glasses or contact lenses you should bring an extra pair. Contact lenses may be a hassle due to dusty conditions and inadequate cleaning facilities. We recommend you opt for glasses.	
Prescription Drugs	These should be in their original bottle with your name, the doctor’s name, and dosage information. Please notify your instructor if you have a prescription. This information is vital should an emergency situation arise. While on course, please make sure you continue to take all medications you usually take.	

**What NOT to bring:** You will not need anything not listed above!! Please leave personal electronic devices – this is a group experience. You will not bring cell phones on the backpacking trip; you will have a safe place for you to leave them on campus while we are gone. We will supply all backpacking stoves, fuel, water purification tablets, first aid and blister supplies, tents, soap, cook pots, utensils, food, and climbing gear. **If you don’t see an item listed above, please don’t bring it!** There are many items that we ask you leave behind in an effort to keep your pack weights reasonable. We will be sure to carry sufficient equipment, clothing and food to ensure that we can keep warm and dry in all conditions. Thanks!!