

PEAKS AND RIVERS PACKING LIST

CLOTHING AND SHOES		
1	Rain Coat	Waterproof Rain Coat with a hood
1	Rain Pants	Waterproof Rain Pants
1	Pants	Quick dry, summer-weight pants
1	Long Underwear	Mid-weight long underwear top and bottom, wool blends are most comfortable and don't retain body odors
1	Quick dry shirt	Short-sleeve wool or synthetic exercise shirt
1	T-shirt	Choose shirts with graphics that don't offend others
1	Bug Shirt	Light-weight, long-sleeve shirt to wear when bugs are out
1	Sweater	Warm and packable
2	Wool socks	Summer weight wool socks
1	Sun Hat	
1	Warm hat	Light-weight warm hat
1	Shorts	Quick dry shorts
1	Bathing suit	
5	Underwear	
1	Hiking shoes	Well-worn in, so you don't get blisters!
1	Sandals	Water sports sandals that are secure on your feet in and out of the water
EQUIPMENT AND SUPPLIES		
1	Water Bottle	Wide-mouth, 32 Oz water bottle
1	Headlamp	If you are buying a new one, consider USB-rechargeable
1	Sleeping bag	Lightweight and compact, rated to 30 or 40 degrees
1	Sleeping Pad	Lightweight and compact
1	Toothbrush	Toothpaste will be provided
1	Hairbrush or comb	Compact
1	Sunblock	Small tube, fragrance-free and biodegradable
1	Bandana	
1	Journal and writing utensils	A small field journal
1	Backpack	70-liter

Purchasing equipment: consider supporting companies that are B-Corp certified, to support fair labor and environmental practices, such as Patagonia. In addition, please consider used equipment sources, such as Patagonia Worn Wear or Outdoor Gear Exchange in Burlington, VT.

Specialty Gear: We will provide all specialty equipment needed for your program, such as a carving knife, a compass, a life jacket, a hiking backpack, stuff sacks, etc. We will provide all group gear such as tents, canoes, cooking, and camping gear. In other words, please limit what you bring to what is on the list above!

Your packing list is designed for a wide range of weather scenarios, so be prepared to bring everything on the list to camp, but not necessarily use all of it. For example, if we have a very warm and dry week, we may leave rain gear and some of the warm clothes items in storage.