

Below is a list of required gear for our upcoming teen trip. Be aware that most people bring too much gear.
Please try to pack as light as possible while still being prepared.

<p><u>Proper Clothing:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 - Non-cotton T-Shirt <input type="checkbox"/> 2 - Shorts <input type="checkbox"/> 3 pair - <u>Non-cotton</u> socks <input type="checkbox"/> 4 - Underwear <input type="checkbox"/> 1 - Long Sleeve Shirt <input type="checkbox"/> 1 - Long Pants - preferably zip-off type <input type="checkbox"/> <u>Non-Cotton</u> Long Underwear - top & bottom <input type="checkbox"/> Bathing Suit <input type="checkbox"/> Warm hat - wool or fleece <input type="checkbox"/> Warm jacket or sweater wool or fleece <input type="checkbox"/> Rain jacket & rain pants <input type="checkbox"/> Light camp shoes – Crocs or other closed-toed shoes <input type="checkbox"/> Broken-in footwear <ul style="list-style-type: none"> - Comfortable sneakers with arch support or hiking boots) - Do <u>NOT</u> wear new hiking boots. <p><i>Please pack as much NON-Cotton as possible (such as wool or fleece)</i></p> <p><u>Essential Extra Gear:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Hiking backpack large enough for gear <ul style="list-style-type: none"> - MUST have sternum strap & padded hip belt <input type="checkbox"/> Small tarp - 6'x 8' poly or nylon <input type="checkbox"/> 50' Parachute cord <input type="checkbox"/> Head net - highly recommended and/or bug spray <input type="checkbox"/> Metal or plastic water bottle(s) – 2 quarts total 	<p><u>Camping Gear:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Sleeping bag <input type="checkbox"/> Sleeping pad <ul style="list-style-type: none"> - Closed-cell foam pad or Therm-a-rest <input type="checkbox"/> Headlamp & extra batteries <input type="checkbox"/> Meal “Mess Kit”- plate & cutlery <input type="checkbox"/> “Tin” cup for hot drinks over the fire <p><u>Personal Gear:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Toothbrush <input type="checkbox"/> Deodorant <input type="checkbox"/> Bandana <p><i>If applicable:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Eyeglasses and/or contact lenses & spare <input type="checkbox"/> Medicine <p><u>OPTIONAL Gear:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Small Journal & Pencil <input type="checkbox"/> Sheath Knife or Locking Blade Knife <input type="checkbox"/> Compass
<p><i>~ All Electronic Devices are to Stay at Home (watches, cell phones, ipods, gaming devices, etc.) ~</i></p>	

Your one person, bug-proof hammock tent is included in your trip cost – We’ve got you covered.



Reminder: Pre-Trip Meeting

This is a mandatory meeting for participants.

Please bring all personal gear to the pre-trip meeting. Trip gear will be reviewed with the hikers to ensure they have everything needed for a positive experience on the trail. The group will also map out their trail route during this valuable time together.



Meeting Time: 6:00pm – 7:30pm

Meeting Date: Saturday, August 3, 2019

Meeting Location: 170 Cider Hill Road, York, ME 03909