



# Summer Expedition 2023

## Gear List

Below is a list of essential expedition items. Be aware that most people bring too much gear.

*Please try to pack as light as possible while still being prepared.*

### Clothing:

- 1 - t-shirt
- 1 - pair shorts (lightweight/quick-dry)
- 3 - pair socks (non-cotton)
- ? - underwear/bra (as appropriate to your needs)
- 1 - long sleeve shirt (lightweight/quick-dry)
- 1 - pair pants (lightweight/quick-dry; zip-offs a plus)
- 1 - set long underwear - top & bottom (non-cotton)
- 1 - bathing suit (or plan to dip in shorts/top)
- 1 - sun hat (baseball style or full brim)
- 1 - warm hat (wool or fleece)
- 1 - jacket or sweater (wool or fleece)
- 1 - set waterproof rain jacket (w/ hood) and pants
- 1 - pair broken in hiking footwear (sturdy sneakers or boots) - **NO brand new boots**
- 1 - pair light camp shoes
- 1 - new facemask (pack in sealable plastic bag)

Please avoid cotton, in favor of wool or synthetics.

### Personal Gear:

- Toothbrush (non-electric), floss, paste, etc
- Bandana (cotton is okay!)

*If applicable:*

- Eyeglasses and/or contact lenses & spares
- Medication (alert leaders if bringing)
- Hairbrush/comb
- Menstrual supplies (pads, moon/Diva cup, etc.)

### Camping Gear:

- Backpack (well-fitted) to carry all personal items, plus group gear and food – **must have sternum strap & padded hip belt**
- Large heavy-duty plastic bag (to line pack interior for waterproofing contents)
- 25' parachute cord (whole or pre-cut)
- Metal or plastic water bottles (minimum 2 quarts total)
- Headnet for bugs (optional: small container of bug repellent)
- Sleeping bag (compact, mummy-style)
- Stuff sack for sleeping bag (compression- style preferred)
- Sleeping pad (lightweight and compact, closed-cell foam or inflatable)
- Headlamp & 1 extra set of new batteries
- Durable bowl and spoon
- Metal cup for warming drinks over the fire

**Shelter:** There are two shelter options for this trip...

- 1) Bring your own small tent or hammock – **must include a bug net and rainfly**
- 2) Borrow a White Pine hammock shelter (everything included).

### OPTIONAL Gear:

- Small journal & pen(cil)
- Knife (with sheath or locking blade)
- Compass

~ All Electronic Devices are to Stay at Home (watches, cell phones, ipods, gaming devices, etc.) ~

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