

Outdoor Adventures will provide most of the necessary technical equipment and gear for your trip. However, you will need to bring personal items and clothing. When choosing your gear, keep in mind the weather forecast and time of year as rapid weather changes may occur. The following lists are general in nature and are not meant to be exhaustive or tailored to your specific needs. If you have questions, feel free to consult with an OA staff member or your trip leader about what to bring.

FOR 1-DAY BASIC LAND-BASED DAY TRIPS (HIKING, CLIMBING, ETC.)

- Non-restrictive athletic clothing appropriate in durability and temperature for the activity
- Hiking boots or sturdy athletic shoes
- Wool or synthetic socks and underwear
- Raingear with hood (this includes jacket and pants)
- Bandana or Buff
- Personal items (toiletries, lip balm, extra pair of glasses/contacts, personal medication, etc.)
- 2 water bottles with at least 1 liter capacity (no glass, please)
- Headlamp or flashlight with extra batteries
- Cap or wide brimmed hat
- Sunglasses
- Money for food or snacks on drive
- Small daypack capable of carrying your items
- Optional considerations: Binoculars, field guides, camera, Go-pro & accessories

FOR 1-DAY BASIC WATER BASED DAY TRIPS (CANOEING, SUP, SURFING, ETC.)

- Athletic shoes you can get wet or river sandals with straps (no flip flops)
- Comfortable clothes for paddling (quick dry fabrics you don't mind getting wet)
- Extra pair of shoes and dry clothes for car ride home
- Swimsuit and towel
- Personal items (toiletries, lip balm, extra pair of glasses/contacts, personal medication, etc.)
- 2 water bottles with at least 1 liter capacity (no glass, please); must be able to be tied into a boat
- Sunglasses
- Cap or wide brimmed hat
- Money for food or snacks on drive
- Raingear with hood

FOR OVERNIGHT OR MULTI-DAY TRIPS

- Sleeping bag and sleeping pad (can borrow from Outdoor Adventures)
- Packable pillow
- Towel and toiletries
- Large duffel bag or backpack to pack items in (can borrow from Outdoor Adventures)

FOR TRIPS THAT INCLUDE COLD WEATHER

- Fleece jacket, sweater or vest
- Long underwear, synthetic, not cotton
- Warm jacket as outer layer
- Gloves and wool or synthetic hat
- Additional warmth layers depending on severity of cold. These could range from light fleece shirts to puffy down jackets. Consult with your trip leader or OA employee for more information.