

## CAMPING CLOTHING AND EQUIPMENT LIST



This list is for offsite camping participants. See the CLOTHING AND EQUIPMENT LIST if you will be staying on campus.

*Bear in mind when choosing what to bring that you will be carrying everything! Select gear and clothing based on multiple functions, lightness, durability, and appropriateness to the terrain and time of year in which you are traveling. Olympic Park Institute will provide stoves, fuel, cooking gear, food, water purification, maps, compass, and safety gear.*

### CLOTHING:

- ☐ **Hiking Boots** - *Must be broken in and waterproofed* - should fit while wearing thick socks.
- ☐ **Rain Jacket and Pants (preferred) or Poncho** - Coated nylon; no plastic.
- ☐ Fleece or **Wool Pants** loose fitting, or other loose, non-cotton pants.
- ☐ **Long Underwear** - Polypropylene, wool or silk if possible (*no cotton*).
- ☐ **Wool or Synthetic Shirt** - Long sleeve (mid-weight warm layer)
- ☐ **Warm Sweater/Jacket** – wool or fleece, not too bulky.
- ☐ **Underwear**
- ☐ **Extra socks (no cotton)**
- ☐ **Sneakers or sport sandals** -light weight, for camp – sport sandals are strongly recommended for programs that involve canoeing.
- ☐ **Sun visor or lightweight hat with brim**
- ☐ **Warm cap and mittens**
- ☐ **Shorts** (one pair)
- ☐ **T-shirts**
- ☐ **Bandanas**

### OPTIONAL GEAR

camera, journal and pen/pencil, lightweight art supplies, binoculars, field guides, or paperback book, Whistle

### PERSONAL EQUIPMENT:

- ☐ **Sleeping Bag** - synthetic, not down fill.
- ☐ **Waterproof Stuff sack**
- ☐ **Sturdy garbage bags** - extra layer of rain protections for gear from rain.
- ☐ **Straps** - 4 long straps for securing gear to pack (30" or longer)
- ☐ **Sleeping Pad** - Full length foam or Thermarest
- ☐ **Dark Sun Glasses**
- ☐ **Eating Gear** - Cup, bowl and spoon (plastic tubs are fine).
- ☐ **2 Plastic, leak-proof, one quart water bottles**
- ☐ **Sunscreen** – rated 20 or above.
- ☐ **Lip balm**
- ☐ **Moleskin** - Or other blister treatment
- ☐ **Toiletries** - biodegradable soap (optional), toothbrush, toothpaste, personal medications, hand sanitizer
- ☐ **Toilet paper** - small amount, in zip lock bag.
- ☐ **Flashlight or Headlamp** - small and lightweight; new batteries, spare bulb