PACKING LIST (Environmental Science in the Adirondacks)

On this remote camping trip you will spend all your time outdoors. Proper clothing and gear are essential to a positive educational experience. On the Environmental Science Pre-Orientation Experience it is recommended that you bring all of the items below.

Clothing (includes what you are wearing)

- Rain jacket (durable, not a plastic poncho)
- Rain pants
- Sweater/jacket (wool, fleece)
- Synthetic t-shirts (1 or 2)
- Synthetic shorts or light pants (not jeans/Carhart material)
- 2 sets of undergarments
- 2 pair NON-COTTON socks
- Winter hat
- Hiking boots (waterproof preferred)
- Baseball cap/wide brimmed hat
- Closed toed shoes for in camp (light weight if possible)
- Sandals
- Long sleeve shirt and pants for camp at night

Gear

- Sleeping pad
- Sleeping bag (compact; rated for 30° or 40°)
- Garbage bag or dry bag
- Head lamp or flashlight & extra batteries
- 2 water bottles (1 liter/32 oz.)
- Bowl & spoon
- Pocket knife
- Pencil & notebook (pocket sized)
- Toothbrush & toothpaste
- Sunscreen
- Sunglasses
- Water
- Medication