

## 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
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