

Orientation Gear List

Back Pack *

Sleeping Bag *

Hiking Boots (well broken in or sturdy running shoes)

Swim sandals or shoes that can get wet while swimming

Cup – Dish (unbreakable)

Fork and/or spoon

Hat

Pants: 2 pairs (wind pants/warm-ups/fleece pants/wool/running tights)
(non-cotton)

Shorts: 1 pair shorts

Rain Gear

Shirts: 1 long sleeve (polypro/wool/fleece preferable), 1 short sleeve (non-cotton)

Socks: 2 or 3 pairs (non-cotton)

Sweater (wool/fleece)

Toiletries: toothbrush, toothpaste

Swimsuit

Towel

Underwear

Water Bottle

Sunglasses

Sunscreen

Bug spray

Headlamp or flashlight

Optional: camera (no phones)

Optional: camp chair

*If students do not have a backpack or a sleeping bag, Gould can provide one for them.