**Equipment Vendors:** The following companies sell outdoor clothing and equipment. There are many companies, but provided are a few of our favorites. You may also find good prices and helpful advice at your local outdoor shop. Additionally, resale or thrift stores have much of the required clothing at deep discounts. We also recommend reviewing REI’s layering info page: [http://www.rei.com/learn/expert-advice/dress-layers.html](http://www.rei.com/learn/expert-advice/dress-layers.html)

- REI, Inc. - [www.rei.com](http://www.rei.com)
- Campmor - [www.campmor.com](http://www.campmor.com)
- Sierra Trading Post - [www.sierratradingpost.com](http://www.sierratradingpost.com)
- Summit Hut - [www.summithut.com](http://www.summithut.com)
- Mountain Gear - [www.mgear.com](http://www.mgear.com)
- Backcountry - [www.backcountry.com](http://www.backcountry.com)

### Equipment Checklist

* Ramble Outdoors can loan you this equipment

#### Provided Gear
- ✓ Tents (3 season, 2-5 person)
- ✓ Cooking gear
- ✓ Stoves and fuel
- ✓ Water treatment system
- ✓ Trip leader first aid kit
- ✓ Toilet paper and trowel

#### Camping Gear
- *Large Duffel or Backpack: used to organize your gear in the van and in camp
- *Sleeping bag (rated at 20°-25°F), lightweight and compressible
- *Sleeping pad, lightweight and compressible

#### Outerwear
- *Rain jacket and pants, lightweight waterproof and breathable

#### Non-Cotton Clothing
- Light-weight thermal top and bottom made of synthetic or wool
- Mid-weight thermal top and bottom made of synthetic or wool
- Mid-weight fleece or wool sweater
- Mid-weight fleece or wool pants
- Hiking pants, quick-drying, lightweight (zip-off legs are great). No jeans!
- Hiking shorts, quick-drying, lightweight
- 1 T-shirt, synthetic
- 2 changes of underwear
- Hiking socks, 2 pairs of wool or synthetic

#### Clothing Accessories
- Sun hat with brim
- Wool or fleece hat
- 2 Bandanas
Lightweight wool or fleece gloves

**Footwear**
- Hiking shoes or boots: Sturdy enough for climbing on steep trails
- Camp Shoes: lightweight sneakers for wear around camp (no sandals)

**Travel Accessories**
- *Two 1-quart water bottles, Nalgene-type, or equivalent hydration system (bring a quart water bottle even if you have a hydration system)*
- *Headlamp with spare batteries and bulb*
- Small Pocket Knife (blade less than 4”)
- Small plastic bowl, spoon, 16 oz. light-weight mug with lid for hot drinks
- Sport sunglasses and retainer strap
- Sunblock, small amount not the whole bottle, min SPF 25
- Lip balm (unscented)
- Personal medications
- Insect repellant (small)
- Toothbrush & trial-size paste
- Pack towel and/or washcloth (optional)
- Hygiene System: Ziploc gallon size baggie, WetOnes, Feminine Wipes, Pantiliners for women
- 1 large heavy duty plastic garbage bag
- Journal and pen
- Hand Sanitizer
- Three Quart Zip-Lock type bags
- Backpack to use to carry water, snacks and rain layers to the climbing area

**Optional Field Gear**
- Down vest or jacket (highly recommended)
- Compass
- Ear plugs
- Disposable Lighter
- Camera in a water proof container
- Hydration system (bring at least one Nalgene-type bottle, even if you do bring a hydration system)

**Do Not Bring**
- Alcohol / drugs / cigarettes
- Large camping knives
- Excessive toiletries or cosmetics

If you have any questions, please contact us at outdoors@luc.edu or 773.508.2158