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 - [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
- Backpack
- 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
Lightweight wool or fleece gloves
*Mosquito “No-See-Um” Head Net (Optional)

**Footwear**
Hiking shoes or boots
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

**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