**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
- Campmor - www.campmor.com
- Sierra Trading - www.sierratradingpost.com
- Summit Hut - www.summithut.com
- Mountain Gear - www.mgear.com
- Backcountry - www.backcountry.com

* Ramble Outdoors can loan you this equipment*

**Equipment Checklist**

### 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

### Backpacking Gear

- *Sleeping bag (rated at 20°-25°F), lightweight and compressible*
- *Sleeping pad, lightweight and compressible*

### Outerwear

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

### Clothing

- Light-weight thermal top and bottom made of synthetic or wool
- Mid-weight thermal top and bottom made of synthetic or wool
- Midweight fleece top
- Midweight fleece or wool pants
- Heavy Weight fleece or wool top
- Hiking pants, quick-drying, lightweight (zip-off legs are great). No jeans!
- Hiking shorts, quick-drying, lightweight
- 1 T-shirt, synthetic
- 1 Long-sleeve light weight shirt (worn for bug protection and during service project)
- 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
1 Bathing Suit
Mosquito “No-See-Um” Head Net

**Footwear**
- Water Shoes/Booties/Active Sandals (not flip-flops)
- Camp Shoes: sneakers (no sandals)

**Travel Accessories**
- Backpack for personal items in the van
- Large Duffel Bag to organize gear in van
- 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
- Plastic bowl, spoon, fork, 16 oz. mug with lid
- 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
- 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
- Small Pocket Knife
- Disposable Lighter
- Camera and film in a water proof container

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

**Resources**


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