**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

**Equipment Checklist**

* Ramble Outdoors can loan you this equipment

**Provided Gear**
- Cooking gear
- Stoves and fuel
- Water treatment system
- Trip leader first aid kit
- Toilet paper and trowel

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

**Non-Cotton Clothing**
- Wear light-weight or mid-weight synthetic top and bottom
- Bring extra wool or synthetic layers incase it gets cold

**Clothing Accessories**
- Sun hat with brim
- Bandana
- Mosquito “No-See-Um” Head Net

**Footwear**
- Sturdy sneakers or hiking boots

**Travel Accessories**
- Small backpack for carrying water, snacks and rain layers
- Two 1-quart water bottles, Nalgene-type, or equivalent hydration system (bring a quart water bottle even if you have a hydration system)
- Plastic bowl, spoon
- Sunglasses
- Sunblock, small amount not the whole bottle, min SPF 25
- Lip balm (unscented)
- Personal medications
- Insect repellant (small)
- Hygiene System: Ziploc gallon size baggie, WetOnes, Feminine Wipes, Pantiliners for women
Journal and pen  
Hand Sanitizer

**Optional Field Gear**  
Down vest or jacket (highly recommended)  
Compass  
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