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

- 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

Backpacking Gear
* Backpack: large internal frame or external frame (65–80 liters)
* 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 or wool sweater
Heavyweight fleece or wool sweater OR compressible insulated jacket
Midweight fleece or wool pants
Biking shorts
1 T-shirt, synthetic
changes of underwear
Biking 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
Lightweight sneakers (no sandals)

Travel Accessories
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 repellent (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
Small Pocket Knife

Optional Field Gear
Down vest or jacket (highly recommended)
Compass
Ear plugs
Disposable Lighter
Camera

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