



## Wilderness Orientation Equipment List

One of the most important principles of *Leave No Trace* camping is “Plan Ahead and Prepare.” Bringing the right clothing and equipment on a backpacking trip allows you to be comfortable and protected in any conditions. In addition, proper preparation allows you to reduce risks to yourself, your group, and the environment.

The required clothing and equipment on this list is essential to your comfort (note that optional items are specifically identified). During your Wilderness Orientation trip, you may encounter a wide range of conditions, from driving rain and high winds to blazing sun and sweltering heat. Because you will be carrying everything on your own back, you also want to carry the lightest gear you can and not bring anything extra. With that in mind, please leave personal electronics (e.g. cell phones) on campus and minimize the size and type of toiletries you bring (e.g. travel-sized toothpaste, no shampoo, etc).

Outdoor gear is specifically designed for the types of conditions you encounter, but it can be expensive. We encourage you to use gear that you already own, and this list includes suggestions for clothing that may serve the same purpose as the high-tech equivalent. You may also consider borrowing gear from friends, family, or other Proctor students that you know. If there is gear you need to purchase, we recommend that you work with an outdoor retailer, such as Eastern Mountain Sports ([www.ems.com](http://www.ems.com)) or REI ([www.rei.com](http://www.rei.com)), which have salespeople with relevant knowledge and experience. You will find that much of this equipment also has uses on campus (e.g. rain gear) or on possible off-campus programs that you may participate in at Proctor.

Proctor has a limited supply of orientation equipment available for those who are unable to bring their own. Any requests must be made in advance. If you have equipment questions or requests, please email Kayden Will, Wilderness Orientation Director, at [willka@proctoracademy.org](mailto:willka@proctoracademy.org) or call (603) 735-6768.

**\* Pay particular attention to items marked in bold \***

## Clothing

The clothing on this list is intended to function in a layering system so that you have the most options for the least amount of weight. Although you will not have a change of clothes for every day, you will be able to stay dry and warm in any conditions by adjusting your layers. One of the primary considerations in choosing outdoor clothing is the function of different materials. Cotton, though comfortable when dry, loses all insulating qualities when wet and dries slowly. Conversely, wool, silk, and synthetic layers wick moisture away from the body, dry quickly, and retain their insulating ability and function even when wet. Therefore, this list specifies that most clothing items must be wool, silk, or synthetic (fleece, polypropylene, Capilene, Under Armour, etc). Please leave cotton clothing on campus. Also, to prevent tick bites, consider treating clothing and boots with 0.5% permethrin or purchasing clothing that is pretreated with this insect repellent.

## Head and Hands Layers

Equipment	Quantity	Description
Warm Hat	1	Wool or fleece.
Gloves or Mittens	1 pair	Lightweight. Polypropylene liner, fleece, or wool.
Sun Hat	1	Optional. A baseball hat, visor, or fishing hat with a brim.

## Top Layers

Long Sleeved Base Layer Top	1-2	A light- or mid-weight, long-sleeved top made from silk, wool, or polypropylene (long-underwear style).
<b>Insulating Top Layer</b>	<b>2</b>	<b>Bring two warm layers that can be worn separately or together, such as a wool sweater, fleece jacket, fleece vest, or puffy jacket.</b>
<b>Rain Jacket</b>	<b>1</b>	<b>Waterproof zip-up jacket with hood. Made from either coated nylon or waterproof/breathable fabrics (e.g. Gore-Tex). Ponchos are not acceptable. Investing in a good quality rain jacket will also prove useful for regular use on campus.</b>
T-Shirts / Tank Tops	2	Synthetic t-shirts are best. A regular cotton t-shirt is also fine. Note that white gets dirty easily, so colored t-shirts are better.

## Lower Layers

Underwear/ Sports Bra	2-5/ 1	Cotton or synthetic is fine.
Shorts	1-2	Synthetic, quick-dry shorts are best, especially since they may double as a bathing suit. Pockets are useful, but not necessary.
Base Layer Bottoms	1	Lightweight or mid-weight set of synthetic, wool, or silk long-underwear bottoms.
Wind / Hiking Pants	1	Synthetic hiking pants are quick drying and durable. Running pants, nylon wind pants, or synthetic leggings work too. Consider treating clothing with permethrin to help prevent tick bites. No jeans or cotton pants.
Rain Pants	1	Coated nylon, rubber, or Gore-Tex pants to fit over all your layers.
Bathing Suit	1	Optional. Quick-drying shorts may double as bathing suit bottoms.

## Footwear

<b>Hiking Boots</b>	<b>1 pair</b>	<b>Good boots protect your feet and function well on rocky or wet surfaces. Boots can be all leather or a combination of nylon and leather. They should have a rugged sole (e.g. Vibram) and ankle support. A good fit requires trying them on with hiking socks and making sure that your toes have enough room not to hit the front of the boot when hiking down hill (try it!). Breaking them in well will help prevent blisters on the trail.</b>
Camp shoes	1 pair	Bring comfortable, lightweight sneakers that you can wear around camp or use to protect your feet while swimming. Crocs are ok.
Socks	2-3 pairs	Wool or synthetic hiking socks will function even when wet, providing padding and breathability. No cotton!
Liner Socks	2 pairs	Optional. If your heels blister easily, liner socks can help reduce friction in your boot.

## Equipment

### Sleeping Systems

Sleeping Bag and Stuff Sack	1	<p>Sleeping warm and comfortable will be essential to your happiness on Orientation. Since you are likely to experience wet conditions, bring a synthetic fill sleeping bag (Hollofil, Polarguard, etc) rated to about 30°F or 0°C. Unlike goose down, synthetic fibers do not lose their loft and warmth when wet and are less expensive than down bags. Also, bring a stuff sack or compression stuff sack that fits your sleeping bag.</p>
Sleeping Pad	1	<p>Closed cell foam (e.g. ensolite) or self-inflating (e.g. Therm-a-Rest) sleeping pads provide both comfort and insulation from the ground. Sleeping pads should be lightweight and designed for backpacking.</p>
Trash Bag	1	<p>Trash bag will be used to line your sleeping bag stuff sack to keep your sleeping bag dry.</p>

### Backpack and Storage Bags

Backpack	1	<p>Your backpack should be designed for multiple-day, backcountry use. It should be large enough to carry all of your personal clothing and gear as well as the group gear that you will be assigned (food, cooking materials, tarp, etc). Expect that your packed pack will weigh 35-50 pounds. An internal frame pack with a capacity of 3500-4000 cubic inches (55-70 liters) is ideal. You may be able to borrow a backpack from someone you know, or you can purchase one from a reputable outdoor retailer. A long-term investment, a good backpack can also prove useful in the future as luggage when students travel or participate in off-campus programs.</p>
Pack Cover	1	<p>Optional. To keep your clothing and equipment dry, we will provide a large trash bag to line the inside of your backpack. Alternatively, you may choose to bring a pack cover that fits over your pack.</p>
Stuff Sacks or Ditty Bags	1-2	<p>Optional. Small stuff sacks may be used for organizing small items in your backpack (e.g. toiletries). Zip lock bags work great.</p>

### Food and Water Items

Water Bottles	2	<p>Bring two 1-liter/1-quart water bottles.</p>
Bowl	1	<p>A lightweight bowl with a lid is useful for storing leftovers.</p>
Spoon	1	<p>A spoon or “spork” is all you need. Knives and forks are optional.</p>
Insulated Mug	1	<p>Recommended.</p>
Knife	1	<p>Optional. Swiss Army or other small camping-style knife.</p>

## Toiletries and Eyewear

Hand Sanitizer	1	Bring a personal bottle of hand sanitizer (4-6 oz) to keep hands clean when water and soap are not available.
Toothbrush / Toothpaste	1	Travel sized is ideal.
Other toiletries	Variable	Sunscreen, lip balm, small comb/brush. No need to bring deodorant, soap, or shampoo—these are heavy and attract animals.
Menstrual products	Variable	Bring what you need (tampons, pads) as well as a couple of zip lock bags. A small pack of wet wipes can be useful. Note that the strenuous nature of hiking can play tricks with your cycle.
Bandanas	1-2	Handy for hygiene and other uses.
Glasses/ Contacts	Variable	Bring what you need in travel-sized containers if possible. Bring a case to protect glasses.
Sunglasses	1	Optional. Any style.

## Miscellaneous

Headlamp	1	A headlamp allows you hands-free lighting after dark. These can also be useful back on campus for late-night studying (your roommate will thank you). Bring extra batteries.
Camera	1	Optional. A small digital camera can be nice for taking pictures during your trip, but recognize that you will need to take special care to keep it dry and safe. Phone cameras are not allowed.
Nylon Straps	2	Optional. Useful for attaching a sleeping pad to backpack if needed.
Water Purification	Variable	Optional. We carry iodine tablets to treat water, but you have the option of bringing your own system if you prefer something else.
Insect Repellent	1	Insect repellent containing DEET or Picaridin helps reduce exposure to bites from mosquitoes, ticks, and other arthropods.
Wristwatch	1	Optional. Having a wristwatch once back on campus also reduces dependence on phones for telling time.

## DO NOT BRING!

Cell phone	0	Orientation is an important time to “unplug” and immerse yourself in your immediate experience and place. Be present for your group and leave your cell phone on campus. Your trip leaders carry cell phones in case of emergency.
iPod or MP3 player	0	Experience each day without headphones. This may be a good opportunity to sing instead.
Extraneous Toiletries	0	Backcountry standards of clean are different, so you won't need deodorant, shampoo, and soap which are heavy, attract animals, and leave residues behind in water.