



Equipment List ~ Lodge Based Outdoor Education Trips

You will be outside all day for the duration of the trip, experiencing a variety of activities and terrain. We recommend that you only bring personal gear that can get dirty or damp during the trip. Items that must stay dry such as expensive cameras, phones, other electronic devices or personal affects should stay at home.

The required items below are things you will use during your trip. The recommended items are nice to have, but you don't need to rush out and purchase them.

Nighttime lows are usually in the 50-60s during summer, 20-30s in the spring and fall. Sun is a concern, and appropriate sun protection is essential. Rain, while not common, is always a possibility. Tahoe Adventure Company believes that the best way to enjoy the outdoors is when one is comfortable, confident and prepared with the essential clothing and gear. Please do your best to locate, borrow, buy or rent so that you have the items on this list.

Remember, dressing in layers is the key to comfort!

General Required Items (every day!)

- Journal
- 2-3 pens or pencils
- Backpack
- Sunscreen (SPF 15 or higher)
- Insect repellent
- **1-quart (or greater) water bottle, canteen or camel back**
- A hat with a brim
- A warm hat (beanie)
- Sunglasses with a **neck strap** such as "Chums" or "Croakies."
- Small flashlight or headlamp w/ fresh batteries
- Sleeping bag rated 20 degrees or lower
- **PONCHO or coated nylon RAIN JACKET** or SKI JACKET w/ hood
- **RAIN PANTS or other waterproof pants** such as Gore-tex
- 2 of the following items: fleece jacket, wool sweater or synthetic layer for warmth
- 1 top and 1 bottom Polypropylene/Capilene or other **synthetic** clothing for a base layer
- 1 pair of pants for every 2 days of your trip
- 1 tee shirt (long & short sleeves) per days of trip
- 1 pair of underwear and socks (preferably wool or ski socks) per days of trip
- Toiletries
- Extra glasses or contacts
- MEDICATIONS (enough for the entire trip)

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- Two towels (1 beach, 1 bath)
- Waterproof or water-resistant hiking boots or trail shoes
- Wet shoes such as "Texas" or "Aqua Socks" or an old pair of tennies for kayaking. These shoes will get wet and must be in addition to biking/hiking shoes.

Required For Hiking

- A small backpack to carry your things
- Walking shorts or pants
- Comfortable **HIKING SHOES or light hiking boots w/ socks (wool recommended)**
- A warm layer (fleece jacket or wool sweater preferred)
- A bandana

Required For Biking (if applicable)

- A small backpack to carry your things
- Walking shorts or cycling shorts or pants
- Comfortable tennis shoes or light hiking boots w/ socks
- A windbreaker
- A warm layer (fleece jacket or wool sweater preferred)

Required For Kayaking

- Swimsuit or swim trunks
- Wet shoes such as "Texas" or "Aqua Socks" or an old pair of tennies.
- Sweatshirt or sweater and a dry change of clothes
- Long sleeve or regular tee shirt (for sun protection)
- Small towel

Recommended Items

- Waterproof camera
- Lip Balm
- Binoculars
- Reading material
- Insulated travel mug

If you have any questions about gear for your trip please give us a call or e-mail.

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