

Pack List

Remember: you must carry everything that you take on the trail plus group equipment and food!! It all adds up, so try to pack the lightest things you have and as little as possible!!

- Backpack
- Pack cover (can be large, heavy duty garbage bag)
- Sleeping bag
- Sleeping pad
- 4 quarts of water bottle capacity (4 Nalgenes)
- Good hiking boots
- 2-3 pairs of hiking socks (liner socks are recommended, too)
- Thin gloves
- Warm hat
- Non cotton underlayer shirt
- Non cotton underlayer bottom
- Warm fleece or equivalent
- Totally waterproof rain jacket (not poncho)
- Rain pants
- Lightweight bowl
- Spoon
- Two person backpacking tent (if available)
- Toothbrush, paste, etc.
- Camera (cell phones and other electronic devices won't be allowed on the trail!)

The HWS Outdoor Recreation and Adventure Program (ORAP) will be able to provide a limited number of students with backpacks, sleeping bags, 2 person tents. Equipment will be provided on a first come, first served basis, so be sure to indicate on your application any equipment needs!