

Pre-Orientation Adventure Program Packing List

On your trip, you must carry everything you bring with you on the trail along with group equipment and food. Remember that ounces quickly turn into pounds, so do your best to pack your lightest things and as little as possible!

Clothes – Try to pack clothes that you can layer; synthetic fibers often work best as they can help to keep you warm and dry in outdoor conditions. Avoid jeans and cotton!

- Good hiking boots (break these in before coming to avoid blisters)
- Camp shoes (something comfortable and lightweight, old sneakers, Crocs, Tevas, and Chacos work well!)
- 2-3 pairs of hiking socks (liner socks too, if you have them)
- Warm hat
- Non-cotton shirt (1-2 shorts, 1 long)
- Non-cotton bottom (1-2 shorts, 1 long)
- Warm fleece or equivalent
- Totally waterproof rain jacket (not poncho)
- Optional: rain pants, thin gloves, baseball hat

Gear – Don't worry if you don't have all the backpacking gear, HWS Outdoor Recreation and Adventure Program (ORAP) can provide backpacks, sleeping bags, sleeping pads, and tents on a first come, first served basis, ***so be sure to indicate on the Equipment Request Form any equipment needs!***

- Backpack (Sailing and Community Service ONLY should bring a duffel bag instead)
- Pack cover (can be a large, heavy duty garbage bag)
- 4 quarts of water bottle capacity (equivalent to 4 Nalgene water bottles, bring 3 and get 1 when you check in to your POAP trip)
- Backpacking tent
- Sleeping pad
- Sleeping bag
- Lightweight bowl (can be an old Tupperware container)
- Spoon/fork
- Flashlight or headlamp (make sure they have fresh batteries!)
- Optional: Camera (cell phones and other electronic devices will not be allowed!)

Toiletries – It is helpful to pack these in a clear gallon sized plastic bag!

- Toothbrush
- Toothpaste
- Deodorant
- Any personal medications you will need to take during the trip
- Optional: Face wipes with a plastic bag to keep used wipes, feminine products, bug spray, sunscreen, travel size hand sanitizer

HWS Outdoor Recreation and Adventure Program (ORAP) will be able to provide a limited number of students with backpacks, sleeping bags, sleeping pads, and tents on a first come, first served basis. Don't forget to indicate any equipment needs on the ***Equipment Request Form*** with your application!