**SOLE Adirondack Mountains Trip**

Your safety is our top concern, and you have control over the one of the most important aspects of staying safe – the correct clothing and equipment. Proper equipment selection is critical for your safety and enjoyment for this trip. Thus, part of this experience will be to adequately outfit yourself for the trip. We have also included helpful comments, tips and related topics.

**Weather**

In August, the weather in the Adirondacks can vary greatly. You will see cool nights (30’s-40’s) and warm afternoons (70’s-80’s). It is usually 10-20 degrees lower in temperature in the mountains than the weather forecasts you will see in Saratoga. You should prepare for temperatures that can be as low as 30 degrees at night.

There are sometimes rainy spells as well (even snow is possible). One of the most important factors to prepare for with your clothing and gear is staying dry in order to protect you from hypothermia, which is common in the summer months as people are not prepared for the combination of rain, cool temperatures and wind.

**Clothing and Gear**

It is your responsibility to bring the items listed -- borrow from friends, neighbors etc. SOLE has access to some equipment to loan, but the supply is limited. If you are having a big problem getting certain equipment make a note on the enclosed response sheet.

In general, your clothing should allow you to move during the day and keep you warm if it gets wet. We recommend clothing be made of wool or synthetic polyester polypropylene. Polypro holds water away from the skin instead of absorbing it, whereas cotton holds water next to your skin, which is very cold. When looking for these items check local Army/Navy stores and the Salvation Army. It is often unnecessary to spend tons of money in specialized outdoors stores. Synthetic “moisture-wicking” athletic clothing is generally made of some variation on polypro.

**Leave No Trace (LNT) Tip:** A consideration that you may want to think about while purchasing gear is the appropriateness of the color of your clothing and equipment. One important aspect of minimum impact camping is to lessen our visibility to other wilderness travelers. The use of earth tone colors such as blue, brown, tan or green minimizes our potential social impact our presence may have on others.

**BOOTS**

If you are buying new hiking boots, do some research regarding fit, (there is a lot of info online). Different brands are designed with different foot widths and different toe box areas. Please, try them on with the one or two layer sock combo that you will use for the trip. Many people use liner socks to help prevent blisters. You will need high-cut, medium weight boots that are waterproof or water resistant. Light hiking boots won’t support your feet or ankles enough for carrying a 40-50 lbs backpack for a 5-day trip over uneven terrain. Sneakers for hiking with a full pack will NOT be appropriate for this trip.

If you bought new boots for the trip **break them in!** You will be hiking all day in your boots. Breaking them in is one of the most crucial elements of a comfortable trip, for you, for us, and other leaders you’ll be hiking with… you’ll thank us later. Start wearing them around the house or to work several weeks before the trip. You don’t want to find out two days before the trip that your boots don’t fit properly. Blisters are NO FUN!!!

 **Leader Date Reminders 2013**

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| SOLE Leaders Early Move IN | Friday, August 23 | 9am-11am Res Life |
| BOLT Leader Review & Trip Prep | Friday, Saturday and Monday | 1 -5pm |
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 **Sole’rs**

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| Special on-campus housing move-in date for SOLE’rs | Tuesday August 27th | 8:30 am-10am at residential life |
| Pre-Trip Meeting (required) | Tuesday August 27th | 10:30 Case Center 2nd Floor |
| Departure for the ADK’s | Tuesday August 27th | 1pm Porter Plaza |
| Return from ADKs | Saturday August 31st | 12pm ish |
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| Gear Clean-up day MANDATORY FOR ALL | Sunday, September 1st | Case Center #309 |

**Some possible options for finding gear.** \*Looks don’t matter. We’re in the woods and getting dirty! Choose function over fashion!

• Borrow from friends and family! See what you can borrow first.

• Army Navy Stores

• Salvation Army Stores – lots of fleece and wool options can often be found.

• REI , MA) [www.rei.com](http://www.rei.com/) – there’s also a **outlet** link for clearance

• EMS (Saratoga Springs has a store close to Campus) [www.ems.com](http://www.ems.com/)

• Campmor - [www.campmor.com](http://www.campmor.com/) (catalog/web sales. Store is based out of NJ)

• LLBean - [www.llbean.com](http://www.llbean.com/)

• There are some surplus websites, but you’ll need to double check pricing to make sure you are truly getting a deal, and check to see if you are actually buying older model gear that they are trying to sell using a new gear price point.

**Do not bring:**

• iPod/MP3 player (However, SOLE groups are allowed to sing out of tune)

• family heirloom tea pot (A pretty yet ineffective water bottle)

• Anything you can’t bear to lose (Ha-ha, Bear to lose)

• Denim Jeans (They stay wet when cold. And they get heavy.)

• Extra Food (large and small Critters will make your pack look like the Swiss cheese you have inside in the process of looking for a free lunch and dinner).

**Cell Phones**

For this backpacking experience, we ask our participants to leave their cell phones turned off except to take pictures because our Director Mary Ann loves lots and lots of pictures and or if there is an emergency and the SAT phone is not working. We ask that they keep it off and not call out. This gives us time to form a community within the group, which central to our goals for this experience. We want to focus on getting to know each other and expanding our network of connections and support on campus. The experience of working together within a wilderness context separate of the clutter of technology is an important piece of the week we have planned.

**For emergency purposes**, families may contact the Office of Campus Life at (518)580-8338 to speak with the Director Mary Ann Toia or her cell # is 518-281-3523. Our program has a few ways to reach groups, cell coverage is limited; however, each group will have a designated cell phone and Satellite phone which the leaders carry and check twice a day for messages. Also, we are able request the support of the Rangers (who use radios) to relay a message or we could send a hike team out to meet up with a group from our

Support Staff located at a basecamp in the area.

Basecamp staff is available at a location that receives call coverage each morning from 8 am to 9am and in the early evenings from

5pm to 6pm (Eastern Standard Time). We also check messages during these times as well. Basecamp can often be reached during

the day; leaders are encouraged to call for consult or to simply provide updates.

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| **Group Gear & Food, (SOLE gear and food that the group splits up to carry.)** |
|  | • 3 Tarps w/Tent Stakes• 2 Ground Cloths• Ropes• 2 Backpacking Stoves• 3 Fuel Bottles• 1 Cook Pot w/Lid & Pot Grip• 1 Fry Pan• 1 Spatula & 1 Stirring Spoon• 1 Small Sieve/Strainer• Scrubbie Pad |  | • 3 Mesh Bear Bags & 2 Ropes• Spice Kit• 1 Carabiner• Maps• 3 bottles of Polar Pure or Aqua Mira• Whistles• 1 Multi-day first aid kit• Hand Sanitizer and Camp Soap• 1 Trowel or small garden shovel• Tons (or pounds, don’t worry) of delicious group food! |  |

**If you have specific questions please give us a call or email. If you have extra clothing or gear, please bring it to share with others who may need your help.**

**Thanks!**

SOLE Gear Checklist 2013

**You must have the items listed on the gear list except for those in the “optional items” section. (You can borrow items marked with an \* from SOLE)**

***\*notes gear that we have a limited supply to loan for the trip. Contact the summer managers.***

**Camping Gear**

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| **Equipment** | **#** | **Comments** | **Check****List** |
| **Backpack\*** | 1 | A multi-day pack with a padded hipbelt that will comfortably carry 40 lbs of group andpersonal gear. Internal frame packs should be 4500 – 5000 cubic inches; External framepacks should be 3400 cubic inches with room to lash on sleeping bag and a sleeping pad.\*\* Try on your pack BEFORE the trip with 30-40 lbs distributed evenly in it. Learn how to adjust it to fit correctly. |  |
| **Sleeping Bag\*** | 1 | Synthetic-filled bags rated to 20°-30° F perform well. If you sleep cold, either choose awarmer bag or plan to wear your layers at night, but don’t wear rain gear to bed; it’ll make you colder. \*\*When wet, down sleeping bags are useless. |  |
| **Sleeping Bag Stuff****Sack\*** | 1 | A synthetic stuff sack lined with a trash bag helps extra protect your bag. A stuff sackcompresses the bag and makes it easier for packing. |  |
| **Sleeping Pad\*** | 1 | Should be closed-cell foam and a minimum of 3/8” thick. Used for padding andinsulation between sleeping bag and ground. Try Ridgerest or self-inflating Thermarest. |  |
| Eating Bowl | 1 | A small Tupperware bowl with a cover works well. Tip: Fit your spoon inside. |  |
| Eating Spoon | 2 | Durable enough that it won’t break while you are cooking! |  |
| Hot Drink Mug | 1 | 12-16 oz insulated mugs work great for tea and hot cocoa. |  |
| Water Bottles | 2 | 1 liter/quart Nalgenes or empty 1 liter soda bottles. You must have two as a minimum(three is helpful). At times, there are distances between water sources. Fill up beforethe bus ride. You will hit the trail right off the bus without access to water. |  |
| Headlamp | 1 | Should be durable and lightweight. Bring extra batteries. Headlamps are great forcooking, walking in the dark, etc. An inexpensive one runs about $15-$20 and post-trip; it is also great to keep in the car for when you need your hands to fix a flat. (Flashlights can work fine, but headlamps will serve you better.) |  |
| Toiletries |  | Travel size: Toothbrush, toothpaste, tampons. Don’t bother with deodorant and otherthings not listed. They just add to your weight. \*Women should bring pads or tampons;hard hiking can alter your schedule. Be prepared. |  |

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| **Waterproofing systems**Everyone is asked to waterproof their clothing and gear. You may face rain –especially in higher altitudes that are less predictable.You will also be doing stream crossings. One slip and … it’s better to be safe. |
| **Equipment** | **#** | **Comments** | **Check****List** |
| Trash bags | 5-8 | You will need to line each your backpacks and your sleeping bag stuff sack. You willalso need one bag for covering your pack at night from rain and two spares for back- up and emergency use. Trash compactor, or contractor bags are amazingly stronger than regular bags otherwise, double up standard bags. |  |
| Sealable Plastic Bags | a lot | Gallon and quart size bags help keep your things dry and organized in your pack.Bring spares for tears and “zippers” that break. |  |

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| **Upper Body Layers**Wool and synthetic materials work best as they are still insulating when wet. It is common to need 2-3 insulating layers. You will layer on top of each other to keep warm. |
| **Equipment** | **#** | **Comments** | **Check****List** |
| Long Underwear-lightweight | 1 | Lightweight underwear top made of wool or synthetics like polypropylene or capilene. No Cotton blends. These are nice at night. |  |
| Fleece Jacket or WoolSweater | 2 | Polyester fleece pullover or zip jacket, synthetic fiberfill jackets or heavy shirt orwarm wool sweater. A vest can work as a second layer. |  |
| **Rain Parka \*** | 1 | A sturdy, roomy **waterproof** jacket with a hood. Coated nylon works well. It shouldfit comfortably over all upper-body layers. Also doubles as a windbreaker. Ponchos not recommended. |  |
| T-shirt | 1-2 | A lightweight polyester/Capilene T-shirt. One T-shirt can be cotton but know it willbe cold when wet. |  |
| Sports Bra | 1 | Optional. Synthetic, Silk or none depending on your needs. |  |

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| **Lower Body Layers**You will need 1-2 synthetic insulating layers. All must fit comfortably over each other so that they can be worn at the same time. If you tend to get cold easily, add a middle layer of mid-weight bottoms or fleece pants. |
| **Equipment** | **#** | **Comments** | **Check****List** |
| Long Underwear | 1 | Light to Mid-weight long underwear bottoms made of wool or synthetics likepolypropylene or capilene. No cotton blends. These are nice at night. |  |
| Wind pants or hiking pants | 1 | Durable Nylon, wool or fleece pants. These should fit comfortably over your shortsand long underwear. Side zippers make it easier to put pants over hiking boot.Absolutely **No Jeans.** |  |
| **Rain Pants\*** | 1 | Sturdy, roomy waterproof pants. Coated nylon and fabrics are acceptable. Sidezippers make it easier to put pants over hiking boots. Water-resistant won’t cover this. |  |
| Shorts | 1-2 | Loose fitting Nylon or moisture wicking athletic shorts. Cotton can pass for yoursecond pair of shorts, but we recommend quicker drying materials. |  |

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| **Head, Feet & Hands**Wool and synthetic materials work best as they are still insulating when wet. |
| **Equipment** | **#** | **Comments** | **Check****List** |
| Boots | 1 | Sturdy,  **broken-in**, medium – heavy weight, water proof or water-resistantbackpacking boots with good ankle support (high to mid-tops). These are near impossible for us to get for you; so, please ask around. Please know, these will probably get wet from rain or river crossings. **See notes on boots p. 1** |  |
| Socks, Wool | 3-4pairs | **No Cotton.** Ragg wool or wool/polypro blend. Keep 1 pair in your sleeping bag,“your sacred socks” to stay dry and clean to sleep in. |  |
| Camp Shoes | 1pair | Camp shoes must be closed toe shoes. No tevas or flip-flops. Old athletic shoes orCrocs work nice. Some people will use Crocs or another pair of shoes to get wet for river crossings, others just cross in their boots).**You’ll want dry, comfortable shoes for camp at night, a break from your boots.** |  |
| Cap or sun hat | 1 | To protect eyes and face from sun. |  |
| Wool/Fleece Hat | 1 | A fleece hat can be incredible helpful for cold nights. It works wonders to sleep withit to keep warm. |  |
| Wool/Fleece Gloves | 1 | It gets cold at night at higher altitudes. Be prepared and bring some. You need yourhands to function around camp. |  |
| Eyeglasses/ Contacts | 1 | If you wear them, bring back-ups. Without them you may have to be evacuatedfrom the trip. |  |

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| **Highly Recommended Items** |
| **Equipment** | **#** | **Comments** | **Check****List** |
| Liner Socks | 2pairs | Recommended, helps avoid blisters. No Cotton. Use thin polypro or capilene “wickdry” or even light wool socks under your hiking socks. Your feet are important to protect. Pamper them on the trail. |  |
| Briefs | 3 | Optional. If you bring cotton, be sure to have extra to change out of damp stuff.Other options are silk, synthetic, none, or shorts with liners. |  |
| Sunglasses | 1pair | They should protect your eyes from ultraviolet and infrared light. They should have asturdy case. |  |
| Bandanas | 1 | Highly Recommended. Useful for lots of things |  |
| Watch | 1 | Water resistant. An alarm is useful for morning starts. It’ll also help with pacing water breaks. |  |
| Pocket knife | 1 | One small pocket knife is recommended. Food prep will be a daily part of your days. |  |
| Sunscreen | 1 | A 4-6 oz tube should be sufficient |  |
| Insect Repellent | 1 | 1 small bottle, non-aerosol |  |

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| **Optional Items** |
| **Equipment** | **#** | **Comments** | **Check****List** |
| Wind breaker jacket | 1 | Your rain jacket could work if it is thin and comfortable to hike in. A lightweight,breathable, durable nylon wind shell. It should fit comfortably over all upper-body layers. Wind blows heat out of fleece and a shell helps a lot. |  |
| Camera and Film | 1 | Be sure to have a good case and water proof it with sealable plastic bags |  |
| Camelbaks(a water bladder) | 1 | Super helpful and easy for keeping hydrated during summer hikes. This water bladdersits in your pack and you can have a sip of water through the tube without stopping. |  |
| Lip Balm | 1 | Stick or cream moisturizing with SPF 15 or greater |  |
| Pack Cover | 1 | This is useful if you don’t rainproof you bag well enough. Large Contractor andCompactor Bags with Ziplocks work just as well –these are extra strong trash bags. |  |
| Fork | 1 | If you like options other than your spoon. |  |
| Face cleanser pads/wetwipes |  | Nice for washing sweaty, dirty faces. |  |
| Small MusicalInstrument |  | No bigger than a harmonica. Be sure to respect other campers in the area and keepnoise levels down. Noise travels far at night. |  |
| Carabineers |  | These are helpful for attaching things to your pack |  |
| Money |  | Just a little bit… just in case. We sometimes stop at a rest stop en route. |  |
| Fun Camp Stuff |  | Deck of Cards, Uno, the book of questions, a quote, poem, or story to share. |  |
| Personal Journal |  | Great for reflecting on your trip, your experiences at Brown, and what you want in theyear to come! |  |

**Remember:**

**Cotton has a limited use for backpacking trips. It is cold when wet from sweat, rain, rivers, etc. Cotton socks are BAD for hiking. Your feet will get wet. Cold, wet feet = blister heaven.**

**Lastly, bring the essentials, but limit yourself on the extras and choose. You will have your gear and group gear to carry. Ounces turn to pounds quickly in your packs and the goal is to keep your packs as light as possible.**