

## SUGGESTED PACKING LIST For Wilderness Hiking & Canoeing Trip

We don't want to insult anyone's intelligence or outdoor experience, but use the following as a guide for packing. Sagamore will supply tents, food, cooking gear, tarps, first-aid, and other group gear. You need to bring your own pack, sleeping bag, and clothing. The Sagamore suggests the following:

- **Avoid 100% cotton clothing** because it performs poorly in the Adirondack environment. Use cotton/polyester blends or nylon pants instead of blue jeans. **DO NOT BRING BLUE JEANS!** Track/running pants are ideal. Also, PolarTec or polyester fleece are better for the trip than cotton sweatshirts **(it can get COLD at night and while on the water)** .
- **Keep the toilet kit small.** We will not be washing with soap in open water, and most students have found soap to be unnecessary. A toothbrush and toothpaste, comb or brush, personal medications, and contact lens supplies, if needed, will be all you need. Woman anticipating "feminine needs" during the trip should bring several sheets of paper from a magazine and small Ziploc bags. The magazine sheets will be used to wrap items before putting them into a Ziploc bag, which will be placed in the group garbage at the end of each day.
- **Keep in mind that the first evening is spent at Sagamore, so you will want to keep a change of clothes in a gym bag and leave it at Sagamore** (you'll pick it up on Saturday morning when you return to Sagamore and Skidmore College).
- As with any camping trip, **avoid unnecessary weight or bulk.** Roll clothes to maximize space. Pack belongings in Ziplocs within your pack as rain or a dunking is always a threat. You'll need space in your pack for group gear and food, so do not pack to the brim.

### Clothing/Gear

- Moisture-wicking T-shirts
- Moisture-wicking underwear
- Quick-drying pants/shorts
- Long-sleeve shirts (for sun, bugs)
- Sun-shielding hats
- Swimsuits
- Bandanas or buffs
- Boots or shoes suited to terrain
- Socks (synthetic or wool)
- Sleepwear
- Insulating jacket or vest
- Rainwear (jacket and pants)
- Water sandals
- In-camp sandals
- Day pack (backpack)
- Bug spray
- Towel/toothpaste/toothbrush

Be prepared to **not** shower (it's fun)! You are backpacking you can bring hand sanitizer or Castile's soap for washing up with.

## Hydration

- 2 Water Bottles

## Sun protection

- Sunscreen
- Lip balm
- Sunglasses
- Sun-shielding hat

## Illumination

- Headlamp or flashlight (plus spare)
- Extra batteries

## Sleeping

- Sleeping bag in stuff sac
- Pack pillow
- Plastic bag to store sleeping bag
- Sleeping pad/ground pad

Hiking trips, hiking and canoeing trips and canoeing trips will also need in addition to the above:

- Hiking backpack (internal or external frame)
- Extra garbage bags for protecting your gear in case it rains
- Lightweight spoon, cup and bowl
- Pocket knife (optional)
- Any musical instrument that fits in your gear bag (optional)