

**This is a 3-night trip, pack for comfort and warmth. If you need to borrow any equipment please email [preorientation@skidmore.edu](mailto:preorientation@skidmore.edu) (sleeping bag, ground pad, backpack, hiking boots)**

- Back Pack 60-80 liters will work for 3 nights
- Ground Pad
- Sleeping bag in a stuff sac
- Sweater-preferably wool
- Underwear – for 3 nights
- Quick-drying pants/shorts
- Large reusable water bottle
- Camp bowl and utensils
- Headlamp
- Water shoes (Keens, Texas)
- You can bring sweats for hanging out
- Long-sleeve shirts/flannels – and a few tee-shirts
- Swimsuit
- Towel quick dry is best
- Wool hat or beanie-type hat
- Bandanas or buffs
- Socks (synthetic or wool) – for 3 nights
- Sleepwear
- Insulating jacket (fleece type)
- Rain jacket and maybe even rain pants! There is
- no bad weather with the proper clothing.
- Toiletries
- Sunglasses
- You can bring your phone for pics, there probably won't be much service and if any it will be spotty.
- Small camp chair (optional)
- A small instrument (optional)
- Any necessary medications – SOOOO IMPORTANT! You don't want to have to leave to go get them make sure they are labeled with your name in a plastic bag for protection



Don't forget, it gets cold in the Adirondacks. Remember to prepare. Thanks!

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**DO NOT BRING ANYTHING EDIBLE OR SMELLY**, bears like smelly!! For any outdoor experience, it is a good idea to AVOID 100% cotton clothing. They lose all of their insulating ability when they get wet. Polyester/cotton blends are better, and wool or synthetic clothing is best. Please remember that it does get cold at night. We provide all the tents, food, guides, and transportation. You will not be able to get on the bus if you do not have all of your required forms filled out! For