

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

Cotton is not your friend in the wilderness try to bring only synthetic fabric (fleece, wool, nylon)

Don't Over Pack

Along with the items listed below, remember that you will be carrying some group equipment and food. You won't need any items that are not on the list. Your personal gear (not including backpack, sleeping bag, sleeping pad, or boots) should be able to fit in a five-gallon garbage bag.

Be Creative, Improvise, and Borrow!

Before you go out and make a major investment on equipment, make sure you really need the item and that you can get some use out of it after your pre-o Trip. **Peer Leaders will have group amenities of certain items, like group sunscreen, hand sanitizer, and bug spray, so it's up to you if you want to bring a personal bottle.**

- Back Pack 60-65 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/Athletic shoes (Keens, Tevas)
- Long-sleeve synthetic shirts
- Short Sleeve synthetic t-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 (optional)! There is no bad weather with the proper clothing.
- Toiletries



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

Layers are key to a good trip!

- Sunglasses
- You can bring your phone for pics, there probably won't be much service and if any it will be spotty and that really isn't the point of the trip 😊.
- Small camp chair (optional)
- A small instrument (optional but highly recommended if you can play one)
- 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

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!



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