

JMU M.O.A.T

Equipment List

Welcome to your Madison Orientation Adventure Trip!!!!

The JMU Adventure Staff created the following packing list in order to help you prepare for your upcoming trip. The following items will assist you in staying comfortable in camp and in the wilderness regardless of the weather conditions. **Please consider all items on the list ESSENTIAL and come prepared for your trip.** We recommend that participants conduct the following steps 1-2 weeks before their MOAT trip.

1. Compile your clothing and gear to discover what you have and what you need to get.
2. Borrow clothing / gear from friends or family members.
3. Purchase clothing and gear from low cost vendors such as Wal-Mart or Good Will.
(*****Do not purchase Sleeping Pads, and/or Sleeping Bags specifically for this trip. The UREC Adventure Center has this gear available for you to rent*****)
4. Pack your clothing and gear and bringing it to UREC on the first day of your MOAT trip.

CLOTHING NOTE: Please make sure that all clothing is made from synthetic materials such as polypropylene, acrylic, wool, or any other synthetic materials unless noted otherwise. Please **DO NOT BRING COTTON CLOTHING ON THIS TRIP.** Cotton clothing takes a long time to dry out and does not insulate when wet.

What not to bring: Alcohol, Illegal drugs, cell phones, and large knives

*= Activity Specific Clothing

Italicized = Optional but suggested.

<i>Upper Body Layers</i>				
Equipment	Quantity	Borrow from JMU for Free!!	Comments	Checklist
T-shirt (Base Layer)	2 - 3	No	A lightweight synthetic or wool t-shirt	
Long Sleeve (Base Layer)	1	No	Mid-weight long underwear top, wool or synthetic (e.g. polyester, Capilene, or acrylic)	
Middle layer (Fleece Jacket)	1	No	Fleece jacket (e.g. Polartec 100 or 200, Capilene 3 or 4), or a wool sweater.	
Rain Jacket	1	Yes (Limited Supply)	A sturdy waterproof jacket with a hood. Both coated nylon and breathable fabrics are acceptable (e.g. Gore-Tex, Patagonia H2No, Marmot Precip, Mountain Hardwear Dry.Q)	

<i>Bottom Body Layers</i>				
Equipment	Quantity	Borrow from JMU for Free!!	Comments	Checklist
Underwear and Sports Bra (Base Layer)	2 - 3	No	Briefs or boxers must be synthetic. Women can wear what's comfortable: cotton, silk, or synthetics are fine. Bras must be silk or synthetic.	
Synthetic Pants	1	No	Synthetic hiking pants or tights, synthetic Yoga Pants are acceptable	
Nylon Shorts	1	No	Loose-fitting nylon athletic or river shorts.	
Bathing Suit	1	No	Active bathing suite.	

Footwear

Equipment	Quantity	Borrow from JMU for Free!!	Comments	Checklist
Hiking Boots or sturdy sneakers	1	Yes	Preferably with ankle support and thick rubber soles.	
Camp Shoes	1	No	Shoes that you can wear comfortably around camp. We recommend old tennis shoes.	
Water Shoes	1	No	Water shoes ARE REQUIRED for the swimming hole. Sport sandals (back strap) or Old sneakers are fine	
*Climbing Shoes	1	Yes	*Only needed for Climbing Emphasis MOAT participants.	
Wool Socks	2-3	No	Mid- to heavy-weight wool socks	
<i>Liner Socks</i>	1	No	<i>Optional.</i> Lightweight wool, synthetic or Capilene “wicking” socks.	

Sleeping and Getting Around

Equipment	Quantity	Borrow from JMU for Free!!	Comments	Checklist
Duffle bag	1	No	To hold the bulk of your clothes and gear. Duffels are best, a large backpack works as well. NO airport style luggage	
Backpack	1	No	To carry your lunch, water, towel, etc. as you leave camp for the day. Think school backpack here, not draw string bags	
Sleeping Bag	1	Yes	Synthetic 20 – 40 degree sleeping bag.	
Sleeping Pad	1	Yes	We have foam sleeping pads but recommend that participants bring a self-inflating pad if possible.	
Pillow	1	No	This will make your nights more enjoyable.	

Miscellaneous Items

Equipment	Quantity	Borrow from JMU for Free!!	Comments	Checklist
Baseball or Sun Hat	1	No	To protect ears and face from the sun.	
Wool or Fleece Hat	1	No	A warm hat made of synthetic materials.	
Insulated Mug or Thermos	1	No	12- to 20-oz. insulated mug with a lid. Hot drinks are nice on cool mornings. Especially for coffee drinkers.	
Camp Bowl	1	No	A plastic bowl or Tupperware container for eating out of. NO GLASS or CERAMIC BOWLS.	
Spoon and Fork	1 of each	No	Plastic or metal eating utensils. We recommend sturdy plastic camping spoons.	
Water Bottle	2	No	1–2 wide-mouth quart- or liter-size plastic bottles, like Nalgene or Gatorade bottles.	
Lip Balm	1	No	Stick, cream, or tube-type moisturizing balm, SPF 15 or greater	
Sunscreen	1	No	A 3- to 6-oz. tube, SPF 30 or greater.	
Bandana or Buff	1-2	No	A few of these are always handy.	
Headlamp or flashlight	1	No	We highly recommend headlamps.	
Toiletries / Medications	1	No	Toothbrush, toothpaste, comb, soap, shampoo, medications, skin lotion, and tampons. Travel or trial sizes are enough. Flush Toilets and Showers Available on Site!!!	
<i>Cash or Card</i>	\$20	No	Bring some money for a quick visit to the ice cream shop!	
<i>Sunglasses</i>	1	No	Your choice of bringing high quality polarized sunglasses or a pair of Wal-Mart sunglasses.	
<i>Book, notebook, and pen / pencil</i>	1	No	If you would like to read, journal, or draw at night please feel free to bring these items.	