

UREC Adventure Clothing/Equipment List

Madison Orientation Adventure Trip Check List

The following is the equipment list for your trip. If you have any questions regarding this list, feel free to contact the trip organizers. Your comfort and safety in this program will depend on you having the proper clothing and equipment. **Consider all the items on the list ESSENTIAL and come prepared for your trip.** We recommend participants attempt to gather all items listed below 1-2 weeks before their trip in case they need to borrow or purchase additional equipment.

Delicate items, such as medications or cameras, should be packed in waterproof containers. Make sure all your belongings are well marked. Prohibited items include cell phones, large knives, alcohol, cannabis or other drugs

Note- All items with *** are available for use from UREC if needed. Please make sure to fill out the gear rental request form in the welcome email if you need any of these items.

PACKING

- (1) **Duffle Bag**- to hold the bulk of your clothing and gear. NO airport style luggage please
- (1) **Backpack**- To carry your lunch, water, towel, etc. as you leave camp for the day. Think about a school backpack here, not draw string bags.

SLEEPING

- ***(1) **Sleeping Bag**- Synthetic 20-40 degree sleeping bag
- ***(1) **Sleeping Pad**- We offer foam pads, but personal self-inflating pads are great.
- (1) **Pillow**

HEADWEAR

- (1) **Hat**- Baseball cap or bucket hat to block the sun
- (1) **Sunglasses**- Preferably with a neck strap and not your nicest pair

UPPER BODY

- (2-3) **Synthetic Sports Bra**- Synthetics dry out easier and are less likely to chafe
- (2-3) **Short Sleeve T-shirts**- Synthetic t-shirts are preferred but cotton will do
- (1) **Long Sleeve T-shirt**
- (1) **Mid Weight Sweater or Hoodie**- For the cooler nights
- ***(1) **Rain Jacket**- A truly WATERPROOF rain jacket with a hood

LOWER BODY

- (2-3) **Synthetic Underwear**- Synthetics dry out easier and are less likely to chafe
- (1) **Hiking Pants**- light weight, breathable, preferably synthetic. Yoga Pants are acceptable
- (1) **Hiking Shorts**- light weight, breathable, preferably synthetic.
- (1) **Bathing Suit**- Active bathing suit style
- ***(1) **Rain Pants**- A WATERPROOF pair of pants to go with the raincoat

FOOTWEAR

- ***(1) **Hiking Boots/Sneakers**- Preferably with ankle support and thick rubber soles
- (1) **Camp Shoes**- Closed toed camp shoes- crocs or old LIGHT sneakers
- (1) **Water Shoes**- These **ARE REQUIRED** for the swimming hole. Sports sandals with heel straps are acceptable (Chacos, Teva's, etc.). No flip flops.
- (3-4) **Socks**- Again, synthetic or wool hiking socks will help keep your feet from blistering.

- **PERSONAL GEAR**
- (1) **Insulated cup or Mug**- for hot drinks (aka coffee)
- (1) **Camp Bowl**- A medium plastic bowl for eating out of. NO GLASS Or CERMIC bowls
- (1) **Camp Fork**
- (1) **Camp Spoon**
- (2) **Water bottles**- at least 2 liters (i.e. Nalgene bottles)
- (1) **Wristwatch**- You will not have your phone and SMART WATHCES are not allowed
- (1) **Lip balm**- w/ SPF 15 or greater
- (1) **Sunscreen**- 3 to 6 ounces of SPF 30 or greater
- (1) **Headlamp**- with one set of spare batteries
- (1) **Toiletries**- Travel toothbrush, toothpaste, wash cloth, body soap, shampoo, lotion, etc.
- (1) **Towel**- For the swimming hole and the shower
- (1) **Personal Medications**
- (1) **Personal Hygiene**- Tampons, Pads, etc.
- (1) **Book/Journal**- To read and/or reflect in the evening down time
- (\$20) **Cash or Card**- for when we stop at the ice cream shop!

CLOTHING FABRIC INFORMATION

Wool: Because of its hollow fiber construction (sheep hair), wool provides excellent insulation even when it is wet. It also dries out quickly. Additionally, it can be purchased in light blends for warm weather use in hiking socks and other clothing.

Synthetics: Synthetic materials are used both as fill material for sleeping bags and jackets and woven into fabric for clothing. These fabrics include polypropylene, polyester and pile. Like wool, these materials provide insulation even when wet; however, they dry more quickly than wool and are not as scratchy.

Nylon: Nylon is a synthetic material used in lightweight shells and in rain gear. It is also used in conjunction with other materials (e.g., wool or cotton) as a reinforcing fiber. It is lightweight and dries quickly when wet.

Waterproof/breathable laminates: Gore-Tex® and other similar materials are used as shell materials in outerwear. These materials are relatively waterproof, windproof, and breathable.

Cotton: Cotton is a comfortable, breathable natural fabric. Light colored cotton is excellent for hot, dry situations due to its breathability and water retention. When damp or wet, cotton provides little or no insulation, and it can take a long time to dry. In cold weather, cotton shirts and pants should not be worn next to your skin, as they will transfer heat away from your body.