



ADVENTURE TRIPS

2024 PACKING + EQUIPMENT LIST

Having appropriate clothing and equipment for your specific TREK trip is essential for your safety and comfort. The list below is what we find to be most helpful when packing for a week-long outdoor adventure without being too minimal or having too much.

Items marked with an * are available to borrow from UVM.

CLOTHING

- 1 ~15-liter stuff sack to contain clothes**
- 1 Non-cotton long underwear shirt** *Synthetic or wool (no cotton) – think Under Armour or similar.*
- 1 pair Non-cotton long underwear pants** – *Synthetic or wool (no cotton) – think Under Armour or similar.*
- 2 Quick dry t-shirts (No cotton)**
- 1 Cotton t-shirt (optional)** – *Some find it comforting to change into a cotton t-shirt once in camp if the weather is nice*
- 2 pairs of Quick dry/athletic shorts (No cotton)** – *These should be comfortable and not restrictive.*
- 1 pair hiking pants (optional)** – *Does well as bug and sun protection*
- 1 windbreaker jacket (optional)** - *These layers are great for windy but sunny summits to break up the cold.*
- 1 waterproof rain jacket ***
- 1 pair waterproof rain pants ***
- 4 pairs wool / synthetic fiber socks – (no cotton)**
- 1 light fleece ***
- 1 lightweight synthetic down jacket (or a second, heavier fleece)***
Synthetic down is preferable, since goose down doesn't keep you warm if it gets wet.
- Undergarments tops and bottom-** *Think about what you would wear under your clothes when exercising. However many you need for a week's worth of living outdoors.*
- 1 Light warm hat** - *Wool or synthetic fiber*
- 1 Bathing Suit**

CAMPING ITEMS

- 1 Pair closed-toe camp shoes** – *Chucks, tennies, crocs, sneakers...etc.*
- 1 Sleeping bag (30-20-degree rating) *** - *No cotton, and should be synthetic down.*
- 1 Sleeping pad ***
- 2 One-Liter plastic or metal water bottles** – *Must be durable and reusable. A reused 32oz sports drink bottle is affordable and will last just about the length of your TREK trip.*
- Thermos or mug**
- Mess kit:** *Plastic or metal bowl & spoon*
- 1 Headlamp with extra batteries ***
- Pocket knife or Multitool**
- 1-2 garbage bags** - *These are excellent for adding extra waterproofing to anything you are concerned about*

PERSONAL ITEMS

- Sun block
- Sun Hat or Bandana
- 1 pair sunglasses and protective case
- Bug Spray
- Hand Sanitizer
- Toothbrush/paste
- Lip balm with SPF
- Eye glasses, extra contact & contact solution
- Any Personal Medications (*inhaler, EpiPen, ibuprofen...etc*)
- Menstrual products (*consider compact tampons, the compact applicator helps prevent infection*)
- Band-Aids (optional)
- wet wipes (optional) for a “trail shower”
- Travel Towel

OPTIONAL ITEMS

- Camera (Remember – No Cellphones on TREK!)
- Personal Journal and Pen
- Travel sized Musical instrument (no full-size guitars)
- Favorite Poem or Prose for around the “campfire”
- Nighttime reading Book
- Lightweight gloves - *if you know your hands easily get cold*

BACKPACKING SPECIFIC EQUIPMENT

(Adirondack Backpacking, Long Trail Backpacking, Pride TREK and Transfer TREK)

- 1 Pair hiking boots (well broken in) – *Boots should be: above the ankle for ankle support; Gore-tex or other waterproofing. Be sure to wear your boots over the summer if you’re getting them new this year.*
- 1 internal frame backpack (65 liter) – *These come in a variety to fit different torso sizes. Be sure your pack fits you!*
- Waterproof Pack Liner – *Large thick trash bags do the trick, bring 2. Yes, in addition to the other two we recommended above.*

CANOEING SPECIFIC EQUIPMENT

(Adirondack Canoeing)

- 1 60 L duffel bag – *This does not need to be fancy. Even a heavy-duty trash bag could work in a pinch (though not necessarily recommended). Before leaving campus for your trip, your co-leaders will help you pack your belongings into one of our large waterproof dry bags.*
- A small drybag or backpack lined with trash bag – *To keep personal belongings like waterbottle/extra layers accessible for the day.*
- 1 Pair of sturdy Water Shoes – *These could be Chacos, Tevas, Hiking Boots, Sneakers or similar. The requirements are that they are sturdy and secure on your feet. Some days you may be hiking your canoes and equipment from one body of water to another (known as a Portage). While rarely more than 1 mile, these trails are usually very rugged and uneven.*

SEA KAYAKING SPECIFIC EQUIPMENT

(Lake Champlain Sea Kayaking)

- 1-3 Sea Kayak dry bags***- *We have enough to supply you with if you don't have these, but if you do have them, bring them!*
- 1 60 L duffel bag** – *This does not need to be fancy. Even a heavy-duty trash bag could work in a pinch (though not necessarily recommended). Before leaving campus for your trip, your co-leaders will help you pack your belongings into your dry bags.*
- 1 Pair of sturdy Water Shoes** – *These could be Chacos, Tevas, Hiking Boots, Sneakers or similar. The requirements are that they are sturdy and secure on your feet. While you'll be in your kayak most of the day, the Lake Champlain Shoreline can be rocky, gravel, sand or mud. Having sturdy shoes while loading and launching your boats and pulling your boats up on shore is essential.*

BASECAMPING SPECIFIC EQUIPMENT

(Vermont Multi-Sport and Adirondack Rock & Hike)

- 1 daypack** - *25 to 35 liters capacity*
- 1 Pair of Water Shoes** – *Water shoes must be securely attached to your foot. Any water sandal or shoe that has a back strap or goes around your heel will do the trick.*
- 1 Pair Light Hikers/Hiking Boots** - *no sandals, sport sandals, or Crocs.*
- 1 duffel bag for all your belongings**
- 1 Camp Pillow** – *Please only small, packable pillows. While you won't be as short on space as the expeditionary trips, your group will still be limited to the space available in the van*