Adventure TREK

PACKING + EQUIPMENT LIST – *Updated 7/22/26*

Having appropriate clothing and equipment for your specific TREK trip is essential for your safety and comfort. Unless an item is marked as 'optional', you must have everything listed below with you before departing on your trip. If you do not own items on the list we recommend the following avenues in ranked order: borrow from a friend, requesting to borrow from UVM, buying used from a consignment or thrift store, buying new.

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 athletic wear*
- ☐ **1 pair Non-cotton long underwear pants –** *Synthetic or wool (no cotton) – think athletic wear*
- ☐ **2 Quick dry t-shirts (No cotton) -** *think Under Armour or similar – think athletic wear*
- ☐ **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*
- ☐ **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*
- ☐ **2 - 4 pairs undergarments (Underwear, Sports bras...etc)** – *As many as you need, we're not here to judge!*
- ☐ **1 Light warm hat** - *wool or synthetic fiber*
- ☐ **1 Bathing Suit**

CAMPING ITEMS

- ☐ **1 Pair footwear with a secure heel or heel strap** – *chucks, tennies, crocs, sneakers...etc.*
- ☐ **1 Sleeping bag (30-20-degree rating) *** - *No cotton - synthetic down preferrable*
- ☐ **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 (optional)**
- ☐ **1-2 garbage bags** - *these are excellent for adding extra waterproofing to anything you are concerned about*

PERSONAL ITEMS

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

OTHER 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. 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 that 1 mile, these trails are usually very rugged and uneaven.*

SEA KAYAKING SPECIFIC EQUIPMENT

(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. Heck, 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 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.*
- ☐ **Quarters -** *for showers at camp*
- ☐ **Nail Clippers -** *for climbers to make sure nails aren't too long for climbing or for shoes and in case of chipped nails.*