BASECAMP TRIPS
VERMONT MULTI-SPORT | ADIRONDACK ROCK + HIKE
PACKING + EQUIPMENT LIST

A note on packing light: Though you will be “car camping,” we do have a minimal amount of space in the vans/buses for all the groups gear and equipment. When you arrive at your site, the less that you must keep track of and store in your tent the easier your life will be for the week. The list below is what we find to be most helpful when packing for a week-long car camping trip without being too minimal or having too much.

* Renting/Borrowing equipment: We have a limited supply of some items available to rent or borrow. Those items are indicated with an * symbol.

CLOTHING

A requirement for most of the clothing listed here is that it is not made from cotton. While cotton is affordable and comfortable, when it rains, cotton absorbs a lot of water (making it very heavy), it doesn’t dry quickly (keeping you wet and cold longer) and the fibers compress (reducing its ability to keep you warm). Wool and many synthetic fibers don’t absorb a lot of water, dry quickly, and maintain their ‘loft’ when they get wet. Hence, the specificity here on cotton, vs. non-cotton.

- 1 15-liter stuff sack to contain clothes (and become your pillow!)
- Small camping pillow (optional)
- 1 set of non-cotton long underwear tops / bottoms – Synthetic or wool (no cotton) Great for when you’re in the mountains and the temperature drops at night.
- 2-4 quick dry t-shirts (No cotton) – To wear during the day when it’s hot and you’re active
- 1-2 cotton t-shirt (optional) – To wear around camp
- 2 pairs of quick dry/athletic shorts (no cotton) – These should be comfortable and not restrictive to climb and hike in all day long.
- 1 pair hiking pants (optional) – Great for climbing if you’re worried about getting scuffs and scrapes on your knees while climbing and great for bug protection while hiking.
- * 1 waterproof rain jacket – You don’t want a yellow rain slicker, but something made as a rain jacket for active outdoor activities.
- * 1 pair waterproof rain pants
- 3-4 pairs wool / synthetic fiber socks – (no cotton) These should be boot height
- * 1 fleece/or lightweight synthetic down jacket – If a light down jacket, synthetic down is best for our purposes.
- 3-5 pairs underwear (non-cotton is highly preferred) However many you need for a week’s worth of living outdoors – we’re not here to judge!
- Sports bras (optional) However many you need for a week’s worth of living outdoors – we’re not here to judge!
- 1 light warm hat - Wool or synthetic fiber.
- Bathing suit – If the opportunity arises to cool off on a hot day!
- Camp towel – If you take a shower/jump in a lake, you’ll want a way to dry off.

**PERSONAL ITEMS**

- 1 pair light hikers/hiking boots – To wear throughout the days activities
- 1 pair close-toed camp shoes/closed toe sandals – To wear around camp when your light hikers are wet and dirty
- Water Shoes – Any water sandal or shoe that that has a back strap or goes around your heel will do the trick.
- Sun hat – Baseball cap, bucket hat...etc
- 1 pair sunglasses and protective case
- 1-2 garbage bags – These are excellent for adding extra waterproofing to anything you are concerned about.
- Toiletries – What to bring varies a lot from person to person, but here are some reminders. For all of the items listed here, please remember to bring small, travel sized versions. Space is limited on your trip!
  - Toothbrush/paste
  - For those who wear contacts: Enough for 5 days plus extra just incase; plenty of contact solution (you may need to rinse your hands with it in the morning and evening); glasses incase you lose your contacts or have any issues with your
  - Life-saving or essential medications/prescriptions (Epipen, inhaler, insulin, anti-anxiety or depression medication...etc)
  - Hand Sanitizer
  - Bug Spray & Anti-itch bug ointment
  - Sunblock & lip balm
  - Optional comforts: Hairbrush (if you have hair to brush), wet wipes for a “trail shower”, Band-Aids
ESSENTIAL EQUIPMENT

☐ 1 large duffel bag – To keep all your stuff contained for the week.
☐ * 1 day backpack (25-35 liters) – To take with you when you leave camp for the day either on a hike or climb.
☐ * 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. Nalgene makes a very good reusable water bottle. A reused 32oz Gatorade bottle is more affordable and will last just about the length of your TREK trip.
☐ Plastic or metal eating/dining set - bowl, spoon/fork, and mug. Plastic Tupperware and disposable cutlery works just fine!
☐ Thermos or mug
☐ 1 headlamp with extra batteries

OPTIONAL ITEMS

☐ Camera
☐ Personal journal and pen
☐ Musical instrument that easily travel (no full-size guitars)
☐ Favorite poem or prose for around the campfire
☐ Nighttime reading book
☐ 1 Pocket Knife/Leatherman multi tool – While not required, this will come in handy when helping around camp, preparing dinner, etc...
CLIMBING GEAR (Optional)

For trips that involve climbing, TREK will provide all of the following gear. You are welcome to bring your own if you have it but please be sure it meets the following parameters. If you don’t know whether it does or not, either leave it at home or email us at trek@uvm.edu.

Rock Climbing Harness
- You must know how old it is and it cannot be more than 7 years old
- It must be in good working condition
- It must fit you well

UIAA certified climbing helmet
- Not a bike helmet, paddling helmet or ski helmet, one that explicitly states it is made for rock climbing
- It must be in good working condition
- It must fit you well

Rock Climbing shoes
- They must be in good working condition
- They must fit you well

1x Manual belay device

3x locking carabiners

Chalk Bag