



RECREATION & WELLBEING
OUTDOOR PROGRAM

Vandal Ventures BACKPACKING EQUIPMENT LIST

Clothing		
Hiking Boots	Durable boots that you have hiked in before	
Socks	2-3 pairs of wool or synthetic socks. Cotton is not appropriate.	
Long sleeve shirt	A thin wool or synthetic shirt. Our leaders really like the 'sun hoody' style shirts with a hood. You will wear this while hiking.	
Short sleeve shirt	A thin wool or synthetic t-shirt. You will wear this while hiking.	
Shirt- base layer	A wool or synthetic shirt to wear while at camp/at night.	
Pants- base layer	Wool or synthetic base layer pants to wear while at camp/at night.	
Pants	Synthetic (nylon) pants to hike in. Cotton/jeans are not appropriate.	
Rain jacket	Gore-tex or similar waterproof breathable membrane fabric. Thick rubber raincoats are not appropriate	
Rain pants	Gore-tex or similar waterproof breathable membrane fabric. Thick rubber rainpants are not appropriate	
Warm mid layer	Puffy/wool/fleece sweater or jacket to keep you warm.	
Warm hat	Your favorite hat to wear when it is cold out	
Sun glasses		
Hat with visor	Hat with a visor for sun protection. A ball cap or trucker hat works well.	
Underwear	2-3 pairs are common to bring	
EXTRAS	Not required but can be nice: buff, extra socks, camp shoes like Chacos	

Personal Equipment		
Backpack*	65 liters or larger. Our leaders prefer internal bags but you can bring an external if you prefer. Bring 2 large thick trash bags to line the inside to keep your items dry if it rains.	
Sleeping bag*	20 degrees. Synthetic or down. If you bring a down sleeping bag, you must understand that if it gets wet- it will not dry out on the trip.	
Sleeping pad*	Foam or inflatable Thermarest style pad	
*You do not need to buy or rent this equipment if you do not have it. It is provided FREE of charge if you need these items- we just need to know on your registration, so we have it ready for you.		
Headlamp	Make sure the batteries work and you have extras	
Water bottle	You must be able to carry 2 liters of water with you. We strongly recommend Nalgene style water bottles. We do not recommend the Camelback style bladders since they tend to leak.	



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Personal hygiene items	Toothbrush, toothpaste, menstrual products as needed (please bring a quart-sized ziplock to carry out product), extra hair ties, comb, contact solution, etc.
Sunscreen	A small amount is fine
Medicine and First-aid	Please bring any medicine that you take on a regular basis or any life saving medicine (such as an inhaler or EpiPen). Have enough for 7 days. If you know you get blisters, please bring anything you use to prevent blisters such as athletic tape or moleskin.
EXTRAS	Not required but can be nice: pocketknife, reading book, insect repellent, small towel or bandanna, pencil/pen, baby wipes, extra ziplock bags, camera, compass, lighter/matches,
“happy bag” for the van	A small backpack of things you would like to see when you get off the trail such as: a change of clothes, your favorite snack food, baby wipes, extra bottle of water, sandals, etc.