



Personal Gear List – Backpacking Trips

You are responsible for providing these items. Unity College maintains an equipment room that can provide students with select items on a first-come, first-serve basis. Items available for borrowing are noted under the “Equipment” section. Please let us know as soon as possible if you are having difficulty obtaining any of the items on the packing list.

Upper Body Layers

- Upper Layer - Light or mid-weight polypropylene long underwear shirt NO COTTON
- Insulating Layer - Fleece or wool sweater
- T-shirt
- Rain Layer - Durable nylon water-resistant shell

Lower Body Layers

- Bottom Layer - Light or mid-weight polypropylene long underwear NO COTTON
- Outer Layer 1-2 Hiking pants and/or shorts depending on preference
- Rain Layer 1 Durable nylon water-resistant shell
- Swimsuit 1 Shorts can double as swimwear
- Briefs/Sports Bras 2-3 Quantity dependent upon preference Avoid cotton if possible

Head & Hands

- Hat with visor
- Wool or fleece hat
- Gloves or mittens fleece or wool
- Bandanas
- Sunglasses w/retainer

Feet

- Mid to heavy hiking boots
- Camp shoes - sneakers or sandals
- Synthetic or wool socks 3pair Smartwool, etc quantity dependent upon preference
- Synthetic liner socks-2 pair
- Gaiters

Personal Necessities

- Bowl, cup and Spoon- Easy to wipe clean Sporks are useful
- Water Bottle 32 oz capacity each (Bring – FOUR bottles)
- Pocket Knife
- Head lamp or Small Flashlight - Bring spare batteries
- Personal Hygiene: toothbrush and toothpaste, hand sanitizer, tampons/feminine hygiene pads
- Glasses/Contact Lens Bring spare pair
- Matches/Lighter - For lighting camp stove
- Sunscreen and Lip Balm Sun protection
- Trash Bags Heavy duty contractor bags (Two)

Optional

- Small Amount of Cash (\$5 or so) for coffee or treats.
- Camera
- Liner Socks
- Towel small, lightweight chamois or synthetic are easiest to pack No cotton beach towels, please

Equipment

If you do not own these items, you may reserve them from us on a first-come, first-serve basis.

- Sleeping Bag & Stuff Sack 1 Must be rated to 30 degrees
- Sleeping Pad 1 Small and light weight
- Backpack 4500

ITEMS TO LEAVE AT UNITY COLLEGE

Electronics including cell phones, Ipods, portable gaming systems, etc. Shampoo, conditioner, camp soap. Nova leaders will instruct participants in Leave No Trace methods of personal hygiene. Any other personal items of substantial value that have the potential to get destroyed or lost in the wilderness or present an opportunity for theft if left in college vehicles.

We have a strict drug and alcohol policy on all OAC trips. Students who bring these items or make use of them will be asked to leave the course without an opportunity to complete the trip.