



Personal Gear List – Winter 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

- Jacket or Winter Parka
- Bottom Layer - Light or mid-weight polypropylene long underwear NO COTTON
- Insulating Layer - Fleece or wool sweater (Two)
- Fleece or Wool Shirt (Two)
- Fleece or Wool jacket
- Rain Layer - Durable nylon water-resistant shell

Lower Body Layers

- Bottom Layer Light or mid-weight polypropylene long underwear NO COTTON (Two)
- Outer Layer Hiking pants and/or shorts depending on preference (One-Two)
- Rain Layer Durable nylon water-resistant shell
- Briefs/Sports Bras Quantity dependent upon preference Avoid cotton if possible (Two-Three)
- Fleece or Wool Pants

Head & Hands

- Wool or Fleece Hat (Two)
- Hat with visor
- Scarf or Neck Gaiter
- Gloves or Mittens Fleece or wool (Two-Three)
- Bandanas (Two)
- Sunglasses w/Retainer

Feet

- Winter Boots (**sorrel type or plastic double boots**)
- Camp Shoes 1 Sneakers or closed toe sandals with sturdy straps
- Synthetic or Wool Socks Smartwool, etc quantity dependent upon preference (Three-Four)
- Synthetic Liner socks (Two)
- Gaiters

Personal Necessities

- Bowl and Spoon- Easy to wipe clean Sporks are useful
- Water Bottle 32 oz capacity each (Two)
- 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)
- Daypack - Small, book bag size pack

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
- Baseball Cap or Wide Brim Hat

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 must be rated to 20 degrees
- Sleeping Pad Small and light weight

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.

We have a strict drug and alcohol policy on all Nova 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.