



175 East Post Road  
White Plains, New York 10601  
(914) 682-3971

## SPRING, SUMMER, AND FALL GEAR LIST

### CLOTHING

\*\*\*We recommend that you pack your clothing, sleeping bag, and other equipment in separate stuff sacks or heavy duty zip lock bags to keep it dry and organized. It is particularly important to keep your sleeping bag and clothing dry. The use of waterproof stuff sacks, zip lock freezer bags and heavy duty trash can liners is strongly recommended.

<u>ITEM</u>	<u>QUANTITY</u>	<u>APPROX. PRICE</u>	<u>COMMENTS</u>	<u>CHECK LIST</u>
Lightweight Raingear <b>REQUIRED</b>	1 jacket 1 pair pants	\$80.00-\$130.00	-Lightweight, pack able, breathable <u>Suggested Brands:</u> The North Face- Venture, Mountain Hardwear- Epic	
Mid weight Fleece <b>REQUIRED</b>	1 jacket or pullover	\$50.00-\$100.00	-200 weight fleece <b>-NO COTTON SWEATSHIRTS</b>	
Mid weight fleece Pants <b>OPTIONAL</b>	1 pair	\$50.00-\$75.00	-200 weight fleece <b>-NO JEANS OR SWEAT PANTS!</b>	
Base layer <b>REQUIRED</b>	1 long sleeve shirt 1 pair long pants	\$40.00-\$60.00 per set	-Mid weight -Synthetic, quick dry <u>Suggested Brands:</u> Polarmax, Bergelene, Mountain Hardwear, Patagonia	
T- Shirts <b>REQUIRED</b>	2-3	\$10.00-\$25.00	-Cotton or synthetic	
Long sleeve travel Shirt <b>OPTIONAL</b>	1	\$50.00-\$75.00	-Light weight, synthetic, quick dry -Bug repellent available -Sun protection available <u>Suggested Brands:</u> Exofficio, Columbia, Mountain Hardwear	
Hiking Shorts <b>REQUIRED</b>	1-2 pair	\$20.00-\$50.00	-Synthetic, Lightweight, Quick dry -Running/ Soccer/ Basketball shorts work well	
Hiking long Pants	1 pair	\$30.00-\$60.00	-Synthetic, Light weight, Quick Dry, Pack able	

<b>REQUIRED</b>			-Zip off pants that convert to shorts are great!! <u>Suggested Brands:</u> Exofficio, Columbia, Mountain Hardwear <b>-NO JEANS OR SWEAT PANTS!</b>	
Warm hat <b>OPTIONAL</b>	1	\$10.00-\$20.00	-light fleece or wool	
Gloves <b>OPTIONAL</b>	1 pair	\$15.00-\$25.00	-light fleece or wool	
<b><u>FOOTWEAR</u></b>				
Hiking Socks <b>REQUIRED</b>	3-4 pair	\$15.00-\$20.00	-Synthetic, synthetic/wool blend, 100% wool -Polypropylene liners recommended for 100% wool socks <u>Suggested Brands:</u> Smartwool, Dahlgren, Wigwam	
Backpacking/ heavy weight hiking boots <b>REQUIRED:</b> backpacking and combo trips only	1 pair	\$125.00-\$200.00	-Well broken in with use -Waterproof/ Gore Tex, Breathable <u>Suggested Brands:</u> Asolo, Lowa, Vasque,	
Extra Shoelaces <b>OPTIONAL</b>	1 set	\$5.00	-Heavy duty -50-60 cm length	
Water Shoes/ Supportive sandals <b>REQUIRED:</b> canoe trips and combo trips only	1 pair	\$45.00-\$75.00	-Backpacking participants can use sandals instead of camp shoes. <u>Suggested Brands:</u> Teva, Chaco, Keen, Salomon	
Camp shoes <b>REQUIRED</b>	1 pair	use old sneakers	-All participants must have 2 pairs of footwear. (boots and sandals, boots and camp shoes, sandals and camp shoes) -Can substitute sandals for camp shoes	
<b><u>EQUIPMENT</u></b>				

<u>ITEM</u>	<u>QUANTITY</u>	<u>APPROX. PRICE</u>	<u>COMMENTS</u>	<u>CHECK LIST</u>
Backpack <b>REQUIRED</b>	1	\$150.00-\$300.00	-Internal or External frame pack acceptable -4500-5500 cubic inches capacity <u>Suggested Brands:</u> Osprey, Gregory, Kelty	
Backpack rain cover <b>REQUIRED</b>	1	\$20.00-\$50.00	-lightweight, waterproof	
Replacement Hip belt buckle <b>OPTIONAL</b>	1	\$2.00		
Sleeping bag <b>REQUIRED</b>	1	\$90.00-\$150.00	-Pack able, Lightweight -Synthetic preferred -down acceptable - should be stored in waterproof bag -20-40 degree temperature rating <u>Suggested Brands:</u> The North Face, Slumberjack, Mountain Hardwear	
Sleeping pad <b>REQUIRED</b>	1	\$20.00-\$60.00	-Cannot be bulky <u>Suggested Brands:</u> Ridge Rest, Thermarest, Z-rest	
Ground cloth <b>OPTIONAL</b>	1	\$10.00-20.00	-for use under sleeping pad, to protect against moisture.	
Pack able pillow <b>OPTIONAL</b>	1	\$10.00-\$20.00	-Small, pack able, synthetic	
Stuff sacks <b>OPTIONAL</b>	2-3	\$10.00-15.00	-We recommend packing your gear as organized as possible -waterproof bags available	
Dry Bags <b>OPTIONAL</b>	-	\$30.00-100.00	-For participants on full week canoe trips dry bags are a good idea, however they are difficult to pack and carry on portages.	
Water bottles/ carriers <b>REQUIRED</b>	3-4 liter capacity	\$8.00-\$20.00	-3-4, 1 liter Nalgene style bottles -hydration bladders are acceptable <u>Suggested Brands:</u> Nalgene, camelback	
Headlamp/ flashlight <b>REQUIRED</b>	1	\$15.00-\$30.00	-Headlamps are preferred -light flashlights are acceptable -Extra batteries needed <u>Suggested Brands:</u> Petzl, Black Diamond, Princeton Tec	
Sunglasses <b>REQUIRED</b>	1 pair	\$30.00-100.00	-sunglass holder straps/ croakies recommended	

Compass <b>REQUIRED</b>	1	\$25.00	-suitable for navigation by map and compass
Pocket knife/ Multitool <b>REQUIRED</b>	1	\$15.00-80.00	-lightweight and compact -basic models are suitable
Whistle <b>REQUIRED</b>	1	\$5.00-10.00	-for bear protection and as a lost hiker precaution
Bandannas <b>REQUIRED</b>	1-3	\$2.00	-multi purpose item
Mosquito head net <b>OPTIONAL</b>	1	\$10.00-15.00	-most important in the spring and early summer
Trash Can Liners <b>OPTIONAL</b>	2-3	-	-Heavy duty black plastic construction or lawn and leaf bags are best. -These can be used to pack sleeping bag/ clothing or double as a pack cover
Zip Lock Freezer Bags <b>OPTIONAL</b>	1 box Gallon size	-	-Use these to protect clothing and equipment from moisture.
Bowl <b>REQUIRED</b>	1	\$5.00-25.00	-Unbreakable -Lightweight -mess kits are too bulky, only the bowl is needed -lexan, aluminum, or titanium
Spoon or spork <b>REQUIRED</b>	1	\$5.00-25.00	-no need for any other utensils -unbreakable -Lexan, aluminum, titanium
Mug/ Cup <b>REQUIRED</b>	1	\$5.00-20.00	-graduations helpful -insulated acceptable -lexan, plastic, aluminum or titanium
Trekking Poles <b>OPTIONAL</b>	1 pair	\$80.00-150.00	-recommended for those with knee problems
Matches or lighter <b>REQUIRED</b>	1	-	-waterproof or stored in a waterproof container
Watch <b>OPTIONAL</b>	1	\$25.00-\$40.00	-waterproof Impact resistant -inexpensive Alarm feature is helpful
Camera <b>OPTIONAL</b>	1	-	-store in waterproof container -do not bring expensive, heavy, or bulky cameras

			-bring extra film and batteries -Disposable cameras recommended
Notebook and pen <b>OPTIONAL</b>	1	-	- for use as a journal, menu planner, or duty roster -can be shared with others
Seat or seat pad <b>OPTIONAL</b>	1	\$20.00-50.00	-Recommended for participants in canoe trips -Either full seat or a simple pad is sufficient -Must be light and pack able <u>Suggested Brands:</u> Crazy Creek

### PERSONAL GEAR

\*\*\*All items with scent such as toothpaste, deodorant, perfume, cologne, shampoo, soap, lip balm, insect repellent, and antifungal cream will attract bears and other wildlife. If possible purchase unscented or lightly scented items. Consider leaving unnecessary items like cologne, perfume, soap, shampoo, and deodorant at home.

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First Aid Kit <b>REQUIRED</b>	1	\$25.00	-Small, light - <u>Must contain blister care products</u> -Purchase or make your own	
Antibacterial hand sanitizer <b>REQUIRED</b>	2 oz	\$3.00	-Small bottle -Can share with others	
Sunscreen <b>REQUIRED</b>	1	5.00-15.00	-SPF 30 or above -small container <u>Suggested Brands:</u> Bullfrog, Dermatone	
Pocket towel <b>OPTIONAL</b>	1	\$10.00- \$20.00	-Pack able, quick dry, synthetic -NO COTTON TOWELS	
Antifungal Cream <b>REQUIRED</b>	1	-	-Small bottle <u>Suggested Brands:</u> Tinactin	
Insect Repellent <b>OPTIONAL</b>	1-2	\$5.00-10.00	-no aerosol -small bottles	
Lip Balm <b>OPTIONAL</b>	1	-	-must offer sun protection	
Toothbrush <b>OPTIONAL</b>	1	-		

Toothpaste <i>OPTIONAL</i>	1	-	-small tube -can share with others	