

## Orientation Gear List

Back Pack \*

Sleeping Bag \*

Hiking Boots (well broken in or sturdy running shoes)

Swim sandals or shoes that can get wet while swimming

Cup – Dish (unbreakable)

Fork and/or spoon

Hat

2 Pair Pants (wind pants/warm-ups/fleece pants/wool/running tights)  
(non-cotton)

Shorts: 1 pair shorts

Rain Gear

Shirts: 1 long sleeve (polypro/wool/fleece preferable), 1 short sleeve (non-cotton)

Socks: 2 or 3 pairs (non-cotton)

Sweater (wool/fleece)

Toiletries: toothbrush, toothpaste

Swimsuit

Towel

Underwear

Water Bottle

Sunglasses

Sunscreen

Bug spray

Headlamp or flashlight

Optional: camera (no phones)

\*If students do not have a backpack or a sleeping bag, Gould can provide one for them.