

Backpacking Gear List

Overlake will provide tents, cooking stoves and pots.

Students can bring their own tent and water filter, if approved by Kent.

Students need to bring the following:

- Backpack - Internal or External frame (4000 cu. in. min)
- a pair of medium weight hiking boots
- sleeping bag - synthetic
- sleeping pad (i.e. Thermarest)
- 2 waterbottles, Nalgene
- plastic bowl (big enough to hold a dinner-Tupperware with a lid is great)
- mug
- spoon
- sandals – i.e. Chaco's or Texas or old pair of tennis shoes
- long underwear top and bottoms (non-cotton)
- 1 warm fleece jacket or wool sweater
- 1 pair of warm pants (fleece/wool)
- 1 light wind/rain coat and rain pants
- 2 T-shirts
- 1 pair shorts (non-cotton)
- 4 pair warm socks (non-cotton)
- underwear
- toiletries (toothbrush, glasses, contacts, sunscreen, etc.)
- lip balm w/SPF and hand lotion
- sun-hat and waterproof sunscreen
- wool/fleece hat and gloves/mittens
- sunglasses
- flashlight or headlamp and spare batteries
- camera (optional)
- 2-3 large garbage bags for sleeping bag / clothes

- notebook for Journal, pen

Please only pack what is on the list. Remember that you will also have to fit group gear and food into your pack as well.

Please, no electronic devices, phones, iPod's, etc.