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, Nalgenes
__ plastic bowl(big enough to hold a dinner-Tupperware with a lid is great)
__ mug
__ spoon
__ sandals – i.e. Chaco’s or Tevas 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.