

# 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 (50L min)
- \_\_\_ a pair of medium weight hiking boots
- \_\_\_ sleeping bag – synthetic w/compressible stuff sack
- \_\_\_ sleeping pad (i.e. Thermarest)
- \_\_\_ 2 waterbottles, Nalgene – 1 liter each
- \_\_\_ 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 (optional but nice)
- \_\_\_ long underwear top and bottoms (non-cotton)
- \_\_\_ 1 warm fleece jacket or wool sweater or puffy jacket
- \_\_\_ 1 pair of warm pants (fleece/wool)
- \_\_\_ rain coat (Gortex)
- \_\_\_ rain pants
- \_\_\_ 2 T-shirts
- \_\_\_ 1 pair shorts (non-cotton)
- \_\_\_ non cotton hiking pants
- \_\_\_ 5 pair warm socks (non-cotton)
- \_\_\_ underwear
- \_\_\_ toiletries (toothbrush, glasses, contacts, sunscreen, feminine hygiene products, 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.