

# Gear List--What should I bring?

Having an enjoyable experience on your ORION trip is greatly influenced by the way you prepare yourself. Your local outdoor retailer can help you find many of the listed items. If buying these items for the first time, consider items you will use again during your time at Penn State. You will be quite comfortable in any situation if you bring all of the gear on the list. You shouldn't need to bring any other items.

The following is a check-off list of all the items you will need. Please consider what you wear to the arrival day as part of the list (i.e., if you are wearing shorts do not pack a second pair). Pack lightly--as you will be carrying everything you pack plus additional group gear and food.

- ❑ Rain Jacket: Durable, roomy, lightweight, waterproof garments that will fit over all insulation layers. Essential for an enjoyable experience in the event of rain.
- ❑ Midweight fleece jacket or wool sweater--for those cool summer nights.
- ❑ Underwear: Three changes should be sufficient.
- ❑ Long Pants: One pair, nylon wind pants or hiking pants preferred. *Encouraged but Optional.*
- ❑ T-shirts: Two for warm hiking days. 50/50 or polyester is recommended (athletic wear).
- ❑ Hiking Shorts: Two loose-fit nylon hiking, soccer, or river shorts.
- ❑ Socks: Three pair. Socks should be made specifically for hiking (nylon, polyester, synthetic wool, or wool). Please do not bring cotton socks.
- ❑ Bandanas: Two are useful for a variety of purposes.
- ❑ Hiking Boots: **The most important piece of equipment!** One pair of sturdy boots with good ankle support, comfortable and proper fit. If you are buying new boots, give yourself a sufficient amount of time to **break them in**. Boots not broken in cause blisters--which makes for a miserable trip.
- ❑ Sneakers OR Sandals: One pair, to wear around camp. \*Sandals not flip-flops. (i.e., Tevas, Chacos)
- ❑ Small Flashlight/Headlamp: Bring 1 set of extra batteries. The smaller and lighter the better!
- ❑ Water Bottles: One wide-mouth quart or liter size (leak proof) plastic bottle. (i.e.: nalgene bottle). A second one will be provided for you.
- ❑ Mug/Bowl/Spoon/Fork: Durable, plastic, lightweight. Insulated 12 oz./20 oz. plastic, mugs are great!
- ❑ Sun Screen/Lip Balm/Bug Spray\*\*: Sun Protection Factor (SPF) fifteen or greater, small tube. Mosquitoes can be abundant in our forests during the summer.
- ❑ Plastic trash bags: Two or three large, extra heavy-duty help to make storage bags more waterproof.
- ❑ Personal Stuff: i.e: toothbrush, travel size toothpaste, comb, camera, etc. Please pack your own medications: ie: ibuprofen, inhaler for asthma, epi-pin for bee sting allergies, Females: feminine supplies (just in case).

- Bathing suit--Some groups will have an opportunity to swim with their additional activity.
- Small duffel bag/daypack: You will have the opportunity to shower at the end of the backpacking portion of the trip. **You will not be carrying this bag on the trail with you.** It will be stored while you are out on the trail and delivered to you on the last night –before the cookout. Shower bags typically are small book bags or duffel bags. Your bag should include a towel, soap, shampoo, other toiletries you may need or want, clean clothes (can be cotton), and a comfortable pair of shoes.
- OPTIONAL: Camp chair: ask about these at your local outdoor retailer...ie: crazy creek chair. Comfortable for sitting around camp. Participants find camp more comfortable with a dry place to sit. We will have camp chairs for sale on the first day of ORION with the ORION logo printed on it.
- OPTIONAL: Pocket Knife: One small, Swiss-style folding knife is sufficient.
- OPTIONAL: You will not need any money while on the trip. However, some groups do pass through State Parks where there are vending machines. If you want to bring \$1.00-\$5.00 for a soda – you may. Some vending machines along the way only accept coins

**ORION will provide all of the necessary group gear for the trip including:**

Tents/Tarps, First Aid Kits, Maps/Compass, Stoves, Cookware, Journals, Great Food!, Water Purification materials, Backpack, Sleeping Bag and Pad. Before you venture out on our backpacking trips, an instructor will look over your gear to make sure that you are ready.

**Appalachain Ski and Outdoors** is a local State College outdoor retailer. As a sponsor for the ORION program, the store is providing a 10% discount to all ORION participants as well as a great web link to help you with gear selection. Go to [www.theadventuresource.com](http://www.theadventuresource.com) to find everything you need to be properly outfitted for ORION. Look for the ORION symbol on their website.

***Please do not bring electronic items such as walkmans, games, pagers, or cell phones.***

**Weather:** Generally, we have summer temperatures in the 80s to 90s (degrees Fahrenheit). But temperatures can be considerably cooler in the evenings. dropping as low as 50 degrees at night. Since you can never be sure what the weather will be like, you need to bring a range of clothing for various conditions. By having a variety of layers of clothing you can adjust your layers to suit your activity level and the weather conditions.

**Clothing** (Excerpted from Rick Curtis' *The Backpacker's Field Manual*)

The clothing layers should consist of several different types of fabrics. **Cotton** is comfortable and breathable, **but** it absorbs and retains water, and therefore it will **not**

keep you warm if it gets wet. Also, it can be difficult to dry. For this reason you ***should not*** bring heavy cotton clothes such as sweatshirts, sweatpants, or blue jeans. Cotton T-shirts and underwear are fine as long as they are lightweight cotton or cotton/synthetic blend shirts and pants. **Wool or synthetic fleece** fabrics (such as Polartec 100 or Polartec 200) don't absorb water so they keep you warm even if they get wet. Fleece also dries very quickly. A wool sweater or fleece jacket provides warmth on a cold evening. Novices tend to underestimate the importance of a good fleece or wool sweater. These are essential to your comfort and safety on the trip!

A combination of these types of fabrics creates a layering system. The **inner layer** keeps the skin dry and comfortable. Cotton provides good ventilation for the skin to keep dry and cool and during the day you will most likely hike in a cotton T-shirt and shorts. The **middle layer** provides some insulation and protection from the elements. Long-sleeve shirts and long pants make up this layer. You may wear these during the day for sun protection or in the evening when your activity level is low and it starts to cool off. The **outer layer** provides insulation and is usually a wool sweater or fleece jacket. You will wear this around camp at night. The **shell layer** protects you from wind and rain. A waterproof rain jacket is essential in case of bad weather. A coated nylon rain jacket or poncho is lightweight, inexpensive, and works well. Waterproof-breathable fabrics like Gore-tex also work well but are expensive. For the **head layer**, bring a wide-brimmed hat for sun and rain protection. At night, a wool or synthetic fleece hat can be helpful for warmth. The **feet layer** is actually two layers of socks. You should wear a lightweight synthetic liner sock against your foot, which helps pass moisture away from your foot. On top of this you wear a wool/nylon-blend hiking sock. People wonder why you should wear a wool sock with summer heat. Since wool doesn't absorb water it passes the moisture from your foot outwards, keeping your foot drier. If your feet get damp, they get wrinkled and are more prone to blisters. Having two sock layers means that your socks will slide against each other so that any friction from your boots is between the sock layers rather than directly against your skin (friction against the skin leads to blisters).

**Boots** (Excerpted from Rick Curtis' *The Backpacker's Field Manual*)

**One pair of lightweight hiking boots:** Boots should extend above the ankle or come up to the ankle and be either leather/fabric or all-leather with lug soles for traction. Boots should fit comfortably with two pairs of socks, a light synthetic liner sock and a heavy wool sock. ***Above all, make sure that your boots are well broken in before you arrive. Otherwise your feet will pay the price. We cannot emphasize this enough. Non-broken-in boots invariably cause chafing and blisters.***