

**SENIOR OUTDOOR REFLECTION TRIPS
CAMPSITE/CABIN TRIPS - GEAR LIST**

REQUIRED ITEMS

Footwear

- ☐ 2 pairs of heavy wool socks (the beefier the better, but must fit boots well)
- ☐ 1 pair of sturdy hiking boots with good support (preferably full ankle support - available to rent, see pg. 2)
- ☐ 1 pair of running shoes for camp

Clothing

- ☐ 1 T-shirt (wool or synthetic - NO COTTON please!)
- ☐ 1 mid-weight long underwear top / long-sleeved shirt (synthetic or wool only, NO COTTON! - rental available, see pg. 2)
- ☐ 2 warm sweaters, jackets or fleeces (wool or synthetic only, *please* NO COTTON - rental available, pg. 2)
- ☐ 1 WATERPROOF raincoat (must be large enough to fit over all of your other layers - no ponchos, please)
- ☐ 1 warm wool or fleece knitted cap (touque) that must cover your ears
- ☐ 1 pair of wool, synthetic, or fleece mittens or gloves (thick ski gloves are okay, but not ideal)
- ☐ 1 pair of mid-weight polypropylene long underwear bottoms (**NO COTTON!** - rental available, see pg. 2)
- ☐ 1 pair of synthetic / quick-dry pants (ex: hiking pants, yoga pants, synthetic track pants, etc.)
- ☐ 1 pair of warm fleece or wool long pants (rental available, see pg. 2)
- ☐ 1 pair of rain pants (rental available, see pg. 2)
- ☐ 2 pairs of non-cotton underwear (Synthetic, wool or silk. Again no cotton!)
- ☐ 2 non-cotton sports bras, as applicable

Equipment

- ☐ Day Pack - backpack big enough to fit all your day gear (approximately 30-40 liters) but does not need to fit your sleeping bag, etc. We recommend packs with hip belts.
- ☐ Duffel bag / large backpack - large enough to fit all your gear. Will be left in cabin/at campsite during day hikes (no rolling cases, please!)
- ☐ Sleeping bag (Rated to 20° F - available to rent, see pg. 2)
- ☐ Sleeping Pad (Ensolite, Thermarest, etc. recommended. Available for rent, see pg. 2)
- ☐ Durable bowl (plastic/metal/silicone of which you can lick the bottom - Dhall rice bowls, Tupperware, etc.)
- ☐ Spoon/spork
- ☐ 2 one-liter unbreakable plastic water bottles (total volume *no less* than 2 full liters!)
- ☐ Headlamp or flashlight with fully charged batteries (headlamp *strongly* preferred - *limited* supply for rent, pg. 2)
- ☐ Toothbrush and toothpaste
- ☐ Sunscreen & chapstick with SPF protection
- ☐ Glasses, contacts, & contact solution, as applicable (see pg. 3 for more info)
- ☐ Backcountry Period Kit, if applicable (see pg. 3 for more info)
- ☐ Any medication (as needed/prescribed - epinephrine, etc.)

~ DO I REALLY NEED ALL THIS STUFF? WHY, YES! FINE SORTER, INDEED YOU DO. ~

OPTIONAL ITEMS

- ☐ 1 pairs of thin polypropylene or silk liner socks
- ☐ 1 bandana (many uses)
- ☐ 1 wool, synthetic, or fleece vest (this is in addition to the above required items)
- ☐ Gaiters (if you have them already)
- ☐ Camera (not on phone)
- ☐ Small journal/notepad
- ☐ Stuff sacks (to organize and/or compress gear and clothing)
- ☐ Crazy Creek or similar chair (if you have one)
- ☐ Trekking poles (if you want/need them)
- ☐ Sunglasses (if desired)
- ☐ Hat with a brim (baseball, trucker, Tilley, fedora, bucket, etc.)

NOT ALLOWED

- Cotton (The bane of the backcountry - pure evil!)
- Inadequate shoes (shoes with holes, sandals, flip-flops etc)
- ALL alcohol and drugs (better saved for Senior Week)

MORE INFORMATION

WHY IS COTTON SO BAD?

Cotton kills. When cotton gets wet, it loses its ability to trap heat and becomes useless as an insulating layer AND takes forever to dry. Even sweating in cotton in the woods can open the door for hypothermia. Wool and synthetic fabrics (which go by a variety of names, such as fleece, polar-fleece, Synchilla, Primaloft, Thermaloft, Capilene, or Bergelene etc) will keep you warm even when wet. Check tags on these fabrics; some fleece-like items can be cotton blends. Fabrics like fleece, rayon, acrylic, polyester, polypropylene, and wool are your best bets.

General Packing Principles

Bring layerable clothing. If you get too warm while hiking, you will sweat and get cold while resting. Despite the nicer weather we've been having in Cambridge, it is still chilly up in the mountains, and there may be snow on the trail. Be sure to have enough warm layers!

Gear Rental

SORT will have the following items available to rent from FOP/HOC, but our supply is limited:

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| • Sleeping bags | • Hiking boots |
| • Backpacks | • Fleece jackets + fleece jackets |
| • Rainjacket (<i>limited</i> supply!) | • Polypro long underwear tops |
| • Rain pants | • Polypro long underwear bottoms |
| • Sleeping pad | • Headlamps (<i>limited</i> supply!) |

We will have gear rental office hours in the week before SORT for you to pick up the gear you need. Your HUID will be retained for any gear that you rent and will be returned to you when you return the gear after SORT. Gear that is not returned (or is returned damaged beyond normal wear) will be charged to your termbill. Gear will be available for rental on a first-come first-served basis during office hours this week.

We want it to be easy for you to get out into the woods, and we hope that you won't have to buy any additional gear for SORT. Don't hesitate to contact sortharvard@gmail.com with any questions or concerns!

OTHER WAYS TO GET GEAR

- 1) Borrow from friends not doing SORT
 - 2) Second-hand Shops (Goodwill, Christchurch Thrift Shop, Oonas, Garment District, etc)
 - 3) Eastern Mountain Sports (right in the Square with a 10% student discount)
 - 4) REI (located in Back Bay/Allston)
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EYE CARE

Wearing contact lenses on SORT may seem daunting, but it doesn't have to be. You will not have access to running water on SORT, but we do carry biodegradable soap. BE CAREFUL with using instant hand sanitizer to clean your hands prior to putting your contact in while on the trip - this *may* sting! If you wear contact lenses, bring an extra pair of contacts AND your glasses as well as plenty of solution for cleaning your contact lenses.

FEMININE HYGIENE

Dealing with your period in the woods may sound like a bummer, but it doesn't have to be. Even if you are not expecting to get your period during the trip, bring adequate supplies anyway. The change in diet, the strenuous exercise, and spending a lot of time with other women can all affect your cycle. This is even true if you are on the pill. Your leaders will not have extra supplies, nor will you have access to a store, so come equipped! Here are a few suggestions for making yourself as comfortable and prepared as possible.

BACKCOUNTRY PERIOD KIT

You will need:

- ☐ 1 small, dark colored, opaque bag or stuff sack
- ☐ 3 small Ziplock bags
- ☐ 1 travel pack of baby wipes (for cleaning purposes)
- ☐ A generous supply of tampons (tampons are much easier to deal with than pads, but if you have to use pads, go ahead). Tampons without an applicator (like OB) are ideal because they produce the least waste & take up the least space in your pack.

Directions:

1. Take the tampons (or pads) out of the box and put them all into one Ziploc-style bag to protect them from the rain.
2. Put the travel pack of baby wipes inside a second Ziploc-style bag to ensure they stay moist.
3. Keep the third Ziploc-style bag empty to use as a mini-garbage for used supplies. All dirty baby wipes, used tampons, and tampon wrappers should go into the garbage Ziploc-style bag. If you are concerned about odor, you can put a used tea bag in the garbage bag.
4. Put all of these items inside the opaque bag. Voila: you have a self-contained period kit! On the trail, you should keep this in an accessible part of your pack.