Clothing & Personal Gear Checklist
Adirondack Trail Blazers

☐ 1 pair durable lightweight hiking boots. Break them in.
☐ 1 pair of closed-toe water/camp shoes with a heel strap (e.g., Keens); old sneakers will also suffice
☐ 3 pair wool/synthetic socks, 2 pair of thin liner socks, if desired
☐ 1 set of long underwear top and bottom; wool or synthetic material. (NOT COTTON)
☐ 1 wool/fleece shirt or sweater (NOT COTTON)
☐ 2 or 3 t-shirts (synthetic; cotton/poly blend)
☐ 1 or 2 long sleeve shirts, nylon or polyester blend; quick-dry (NOT COTTON)
☐ Windbreaker and wind pants (lightweight)
☐ Rain jacket and pants made of durable waterproof material (if breathable, can be used as wind layer)
☐ 1 or 2 pair hiking pants - lightweight nylon/synthetic (NO JEANS OR SWEATPANTS) Convertible nylon or zip-off pants, they work great and are multipurpose
☐ 2 or 3 pair of shorts - lightweight fast-drying nylon or polyester blend (NOT COTTON)
☐ Swimsuit
☐ Sleeping bag with compression sack (not bulky; rated to 30°F recommended)
☐ Sleeping pad – ensolite or Thermarest
☐ Warm hat (wool or fleece; yes, it can get cold)
☐ Wool/fleece gloves (lightweight)
☐ Brimmed sun hat or baseball cap
☐ Sunglasses w/ UV protection
☐ Sunscreen
☐ Insect repellent
☐ Lip balm w/ SPF
☐ Toiletry kit (travel size - toothpaste, toothpaste, prescription meds, feminine hygiene products)
☐ Cup and spoon, lightweight and durable (bowl optional)
☐ 2 one liter water bottles (e.g. Nalgene, Camelbak or similar, plus one plastic bottle is okay too)
☐ Headlamp with extra batteries
☐ Pocket knife (or multi-tool)
☐ Whistle
☐ 2 Bandanas
☐ Plastic bags, assorted sizes: 2 large garbage size, 2-3 kitchen size, 10+ gallon size “zip locks”
☐ Small Daypack – nylon, with shoulder straps & waist belt (like the backpack you use to carry books)

ADDITIONAL clothing and items for IN CAMP:
☐ Jacket, sweater, hat, shirts, shorts, socks, undies & pants, jeans are okay INCAMP
☐ Pack &/or duffle bag (a large dry bag will be provided for the canoe trip)
☐ Personal hygiene – towel, shampoo, soap, washcloth, etc. (travel size)
☐ Toys – frisbee, cards, small portable things to do (avoid electronic stuff)
☐ Sheets and pillowcase for use on your bunk in camp (mattresses & pillows are nylon coated) or use your sleeping bag
☐ Pen, pencil, small notebook, journal, etc.

OPTIONAL:
☐ Small pack towel
☐ Head net for bugs
☐ Small piece of ensolite pad or Crazy Creek/Thermarest Chair to sit on
☐ Small camera

Note: No alcohol, drugs, cell phones, iPods, etc. and no open-toed shoes. Questions? Please ask!