

Adirondack Trail Blazers Clothing & Personal Gear Checklist

- 1 pair durable lightweight hiking boots. Break them in.
- 1 pair of closed-toe water/camp shoes with a heel strap (e.g., Keens, or old sneakers)
- 3 pair wool/synthetic socks, (plus 2 pair of thin liner socks, if desired)
- 1 set of long underwear top and bottom; wool or synthetic material. (NOT COTTON)
- 1 or 2 wool/fleece shirts or sweaters (NOT COTTON)
- 2 or 3 t-shirts (synthetic; cotton/poly blend)
- 1 or 2 long sleeve shirt, 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)
- 2 or 3 pair of shorts - lightweight fast-drying nylon or polyester blend (NOT COTTON)
- Swimsuit
- Sleeping bag w/ compression sack (not bulky; rated to 30°F recommended)
- Sleeping pad – ensolite or Thermarest (if Thermarest, you need to have a repair kit for the field)
- Warm hat (wool or fleece; yes, it can get cold)
- Wool/fleece gloves
- Brimmed sun hat or baseball cap
- Sunglasses w/ UV protection
- Sunscreen
- Insect repellent
- Lip balm w/ SPF
- Toiletry kit (travel size - toothbrush, toothpaste, prescription meds, feminine hygiene products)
- Cup and spoon, lightweight and durable (bowl optional)
- 2 one-liter water bottles (Camelbak or similar, plus one liter plastic bottle is okay too)
- Headlamp with extra batteries
- Pocket knife (or multi-tool)
- Lighter/waterproof matches
- Whistle
- 2 Bandanas
- Daypack – nylon, with shoulder straps & waist belt (like the backpack you use to carry books)
- Plastic bags, assorted sizes: 2 large garbage size, 2-3 kitchen size, 10+ gallon size “zip locks”
- Personal First Aid Kit (molefoam, band-aids, exam gloves)

Optional

- Small pack towel
- Small piece of ensolite pad or Crazy Creek/Thermarest Chair to sit on
- Camera

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.
- Toys – frisbee, cards, small portable things to do (no electronic stuff)
- Sheets and pillowcase for use on your bunk in camp (mattresses & pillows are plastic coated!) or use your sleeping bag
- Pen, pencil, small notebook, journal, etc.

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