



## Clothing & Personal Gear Checklist Adirondack Trail Blazers

### Essential Gear Items

- 1 pair durable lightweight hiking boots for hiking & in camp (ensure to break them in prior to the trip)
- 1 pair of closed-toe water shoes with a heel strap (i.e., Keens) for canoeing
- 3 pair wool/synthetic socks
- 1 set of long underwear top & bottom (wool or synthetic material, no Cotton)
- 1 wool/fleece or sweater (no cotton)
- 1 to 2 synthetic t-shirts (no cotton)
- 1 to 2 synthetic long sleeve shirts (no cotton)
- 1 wind shell layer (lightweight)
- 1 set of rain gear top & bottom - durable waterproof material (if breathable, can be used as wind layer)
- 1 to 2 pair lightweight synthetic hiking pants (no jeans or sweatpants)
- 1 to 2 pair of lightweight, fast-drying shorts (no cotton)
- 1 swimsuit
- 1 warm hat (wool or fleece; yes, it can get cold)
- 1 pair of lightweight wool/fleece gloves
- 1 brimmed sun hat or baseball cap
- 1 sleeping bag w/compression sack (not bulky; rated to 30°F recommended)
- 1 sleeping pad – ensolite or Thermarest (not bulky)
- Sunscreen
- Insect repellent
- Lip balm w/ SPF
- Toiletry kit (travel size - toothpaste, toothbrush, prescription meds, hand sani, feminine hygiene products)
- Cup, bowl and spoon (small, lightweight & durable)
- 2 one liter wide-mouth water bottles (i.e. Nalgene)
- 1 headlamp with extra batteries
- 1 whistle
- 2 bandanas (useful for many things in the outdoors)
- 2 large garbage size trash bags
- 1 small daypack – with shoulder straps & waist belt (like the backpack you use to carry books)
- Pen, pencil, small notebook, journal, etc.

### Additional clothing & 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)
- Sheets & pillowcase for use on your bunk in camp (mattresses & pillows are nylon coated) or use your sleeping bag

### Optional:

- Small pack towel
- Sunglasses
- Head net for bugs
- Small camera

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