

UMD OUTDOOR PROGRAM EQUIPMENT LIST

BACKPACKING

Remember to travel light and be prepared. Everything has to fit into a pack. Keep in mind that the weather can vary from very hot and sunny to cold, rainy and windy. This list is designed to help you choose what to bring. Please bring everything on the list except optional items. This will help you to be comfortable and safe on your trip.

Plan your clothes so they can be worn over each other in layers so that in the coldest of weather you can wear nearly all your clothes. We recommend wool because it stays warm when wet. Capilene, thermax, synchilla, polypropylene and other synthetic fabrics that have thermal and wicking properties can be substituted for wool. Please consult your trip leaders if you have any questions. Dress for function, not fashion!

WE FURNISH:

Tents	
Cookware	
Stove	Tarp
First-aid Kit	Repair Kit

YOU BRING:

Boots - durable with heavy soles & ankle support.	Sleeping Bag
Soft soled shoes - for wearing in camp.	Sleeping Pad
4 pr of wool socks	Toiletries
2 pr long pants (1 light wool)	Insect Repellant
1 pr shorts	Flashlight
Long underwear top & bottom	Moleskin
1 turtleneck	Underwear
1 heavy wool sweater	1 wool shirt
1 wool hat	1 T-shirt
Backpack	Rain jacket & pants
Cup / bowl / spoon	Foot powder
Toilet tissue	Plastic water bottle - 1 qt
	Sunscreen
	Food

OPTIONAL: Sunglasses, camera, journal, pencil, pocketknife.

DO NOT BRING: Radios, cosmetics (attract bugs), junk food, drugs, alcohol, axe.

NOTE: The UMD Kirby Games and Outing Centre has a variety of Outdoor Equipment available for rent. Be sure to plan in advance to make sure the gear you will need is available. For more information on reservations and pricing call (218) 726-8734.