

# WILDERNESS EXPEDITIONS GEAR LIST

Equipping yourself for your wilderness expedition can make all the difference between an enjoyable trip and a disastrous one. Look through this list carefully. We've tried to list a brief rationale behind certain items to help you. Good preparation makes for a better week with less worries!



## FOWLER WILL PROVIDE

- \_\_\_\_\_ Backpack
- \_\_\_\_\_ Sleeping pad
- \_\_\_\_\_ Mess kit
- \_\_\_\_\_ Water bottle
- \_\_\_\_\_ Poncho
- \_\_\_\_\_ Tents & other gear



## GEAR YOU WILL NEED...

### \_\_\_ Sleeping Bag

It's best to have a mummy style, synthetic filled bag with a minimum rating of 20 degrees. It may be summer, but it can feel like autumn in the Adirondacks!

### \_\_\_ Wool/Fleece Hat:

What? That's right. No one goes out without a hat to put on while you are in camp. You lose more heat through your head than any other part of your body.

### \_\_\_ Sneakers or Sandals:

You want a pair of light shoes for camp wear that won't damage the ground vegetation. Teva-type sandals and dry wool socks work really well too.

### \_\_\_ Hiking Boots\*:

For our purposes, "medium weight" boots are sufficient. They must be a) over the ankle, b) broken in, and c) treated with a water repellent.  
\*Canoers & sailors can bring extra sneakers instead of boots.

### \_\_\_ Wool/Hiking Socks: 3 pair each

Wool socks cushion your feet as well as keep them warm. Recent sock technology eliminates the need for liner socks, unless you are sticking with the old kind... Cotton socks are not recommended!

### \_\_\_ Underwear: 3 pair

### \_\_\_ T-Shirts: 3

2 to wear on the trail and maybe one to trade!!!

### \_\_\_ Loose Fitting Pants & Shorts (1 pair each):

Your pants should allow your legs to move freely which is important for both hiking and canoeing. **NO BLUE JEANS!** Blue jeans are a) heavy, b) bulky, and c) terrible when wet.

### \_\_\_ Hooded Windbreaker/Shell Jacket:

To keep the cold off your neck and back.

### \_\_\_ Lightweight Long-Sleeved Shirt:

Helps protect against sun and bugs.

### \_\_\_ "Spring/Fall Weight" Wool or Fleece Jacket

These fabrics will keep you warm even when, I mean, "if" you get wet. Cotton jackets or sweatshirts will not insulate you under adverse conditions.

### \_\_\_ Bandannas:

These are the most multi-functional pieces of clothing ever designed! You are guaranteed to discover new uses daily.

## STUFF ONLY HUMANS USE

- |                                |   |                 |
|--------------------------------|---|-----------------|
| ___ Bug Repellent              | ___ Hand towel (a swimmer's shami-cloth works well) | ___ Sunglasses  |
| ___ Brush/comb                 | ___ Pen/journal                                     | ___ Sunscreen   |
| ___ Camera/film (optional)     | ___ Swim suit                                       | ___ Small Bible |
| ___ Flashlight/extra batteries | ___ Toothbrush/toothpaste                           | ___ Ball cap    |