

OAP General Required Clothing and Gear List

Clothing

Trip leaders may hand out a more specific clothing and gear list to their students at pre-trip meeting

Feet:

Synthetic or wool socks (enough specified for length/type of trip by trip leader)
Hiking shoes with support (running shoes or broken in hiking boots)
Comfortable footwear around camp (light in weight)
Paddling trips only (shoes that can get wet and other dry shoes to put on at camp)

Legs:

Synthetic underwear (enough specified for length/type of trip by trip leader)
Synthetic long-underwear
Synthetic pants or shorts to hike in (enough specified for length/type of trip by trip leader)
Synthetic camp clothes at night (specified for length/type of trip by trip leader)
Light Weight Rain Pants (we can maybe provide)

Body:

Synthetic T-shirt (enough specified for length/type of trip by trip leader)
Synthetic long sleeve shirt (enough specified for length/type of trip by trip leader)
Synthetic Medium weight fleece
Synthetic vest (fleece or down)
Light Weight Rain Coat (we can maybe provide)

Head and Hands:

Winter hat/gloves (trip specific)
Bandana or hat for the sun
Sunglasses

Other:

Toothbrush and Toothpaste
Feminine products
Sunscreen and bug spray (trip specific and travel size)
Two Water bottles
Mess Kit and fork (Tupperware with lid only)
Medicine as needed
Journal and writing utensil
Small flashlight or headlamp (we can maybe provide)
Plastic Travel Mug for hot liquids

Camping, Paddling, Climbing, and Skiing gear supplied by TrekNorth.

Gear available upon request from TrekNorth high School. If need anything, it is your responsibility to let the trip leaders know with plenty of time before the trip leaves.

Remember that in the wilderness “cotton kills,” it is much better to have synthetic and/or wool clothing than it is to have cotton.

