

Leadership Expedition to the Adirondacks

Gear and Equipment List

1. Required personal gear:

1. Hiking boots or closed-toe shoes – like old sneakers for example – when outside of canoe (Cornell Outdoor Education policy). If using old sneakers (2 pairs would be ideal – one to get wet and another to keep dry)
2. Water shoes (optional, but highly recommended)
3. Hiking/camping backpack (at least 55L bag with belt straps)
4. Sleeping bag (able to withstand temperatures of 20 degrees)
5. Ground pad (inflatable ones are ideal)
6. Quick-dry towel
7. Spork or fork/spoon
8. Bowl – preferably hard plastic and spork or fork/spoon
9. Toothpaste and tooth brush (preferably a brand that is safe for the environment like Uncle Tom's)
10. At least two 1-Liter water bottles (Nalgene – preferred, Sigg, Kleen Kanteen, etc.)
11. Bug spray
12. Sunscreen
13. At least 3 garbage bags (multi-purpose uses)
14. Gallon Ziploc bags to pack clothes
15. Headlamp/flashlight (head lamps are preferred)
16. Personal toiletries (only basic needs and please limit any strong scents or fragrances)

2. Optional personal gear

1. Journal/sketchbook & 2 writing items (nice to have)
2. Small water-tight Tupperware container to keep your wallet, phone, etc., dry
3. Whistle
4. Rope
5. Compass
6. Pocket knife/Leatherman
7. Rope

3. Clothing (everything should be synthetic and cotton-free):

1. 2-3 t-shirts
2. 1-2 swimsuits
3. 1-2 pairs of shorts
4. Warm under-layers (long-sleeve top and bottom)
5. 1 long-sleeve shirt for sleeping
6. Warm fleece
7. Water-proof jacket
8. 2-3 pairs of underwear
9. 2-3 pairs of wool socks
10. Rain pants (optional)
11. Athletic pants (optional – but likely comfortable when in camp)
12. Clean set of clothes for the ride home

