

Hamilton College Adirondack Adventure  
Backpacking/Combo Equipment List

Unless specified, all the gear listed here is essential and required. In remote settings your safety and comfort depend on being properly equipped. If you have any questions about anything on this list, please do not hesitate to phone Andrew Jillings or Andy Magoun at 315-859-4272.

We recommend that you pack all these items in your backpack and another soft duffel or backpack (no hard suitcases). The packing arrangements can seem overly complex but here goes. When you arrive you can move all your worldly goods for the entire year into your permanent room. You will then move out and relocate to a temporary dorm room for the two nights prior to the trip (Monday and Tuesday), taking with you everything on the two lists below. The trip list gear goes in your backpack and the pre/post list gear in your duffel. The morning of the trip (Wednesday), you will move out of your temporary room, having packed your backpack and duffel (leave nothing behind). The backpack goes with you (obviously) and the duffel gets sent ahead to meet you at your ropes course site. Got it?

**Trip packing list (backpack)**

- \_\_\_ **No cotton (except maybe T-shirts and underwear)!**
- \_\_\_ 2 T-shirts
- \_\_\_ 1 fleece/pile pullover, wool sweater or jacket
- \_\_\_ 1 pr. shorts (quick drying soccer-type shorts are best)
- \_\_\_ 1 pr. nylon long john bottoms, or polypropylene, lycra, running tights or nylon pants.
- \_\_\_ 2 pr. underwear
- \_\_\_ 5 pr. socks (3 wool, 2 athletic nylon)
- \_\_\_ 1 pr. leather hiking boots (please call if you would like advice on buying new boots)
- \_\_\_ 1 addtnl. pr sneakers or Tevas (For use in H<sub>2</sub>O)
- \_\_\_ 1 bathing suit
- \_\_\_ raingear; jacket and pants, no ponchos
- \_\_\_ 1-2 bandanas
- \_\_\_ 1 lightweight brimmed hat
- \_\_\_ 1 wool or fleece hat (like for skiing etc)
- \_\_\_ toiletries (toothbrush & paste, contact solution, tampons, etc). Keep it small! No glass.
- \_\_\_ eating utensils, (spoon, plastic bowl and insulated mug).
- \_\_\_ pocket knife (Swiss army or Leatherperson)
- \_\_\_ lighter or waterproof matches
- \_\_\_ extra glasses if you wear contacts
- \_\_\_ safety strap for prescription or sunglasses
- \_\_\_ sunglasses, chapstick, sunscreen (SPF 15 to 30)
- \_\_\_ insect repellent (with DEET); small plastic bottle-no cans
- \_\_\_ any required medication.
- \_\_\_ whistle--this is essential for wilderness safety
- \_\_\_ small notebook and pen
- \_\_\_ small headlamp or flashlight with extra batteries
- \_\_\_ webbing straps if you need to secure gear to the outside of your pack (remember, you will also be carrying group gear)
- \_\_\_ 4 large heavy duty plastic garbage bags
- \_\_\_ small daypack or bookbag for day-hikes
- \_\_\_ 25-50 feet 1/4 in. nylon line (cheap clothesline from the hardware store is fine)
- \_\_\_ \*2 quart-sized water bottles
- \_\_\_ \*foam sleeping pad or Thermarest
- \_\_\_ \*sleeping bag, lightweight rated to 35F (synthetic mummy bag, no cotton content)
- \_\_\_ \*backpack-internal or external frame pack to carry all gear.

\* Adirondack Adventure has a small number of these items for loan

**Optional items for trip packing list**

- \_\_\_ Doctor Bronner's soap (it's biodegradable and comes in handy small plastic bottles)
- \_\_\_ camera, film
- \_\_\_ very small towel
- \_\_\_ Silva type compass (bring if you have)
- \_\_\_ fishing tackle and license (you must have a NY license to fish)
- \_\_\_ musical instrument
- \_\_\_ stuff sacks (various sizes for gear)
- \_\_\_ gaiters (strongly recommended for Seward trip)

**Pre/post packing list (duffel)**

- \_\_\_ 4 t-shirts
- \_\_\_ 1 sweatshirt, wool shirt or sweater
- \_\_\_ 1 small towel
- \_\_\_ 2 pr. shorts
- \_\_\_ 2 pr. jeans
- \_\_\_ pyjamas
- \_\_\_ 4 pr. underwear
- \_\_\_ 4 pr. socks
- \_\_\_ 1 bath towel, washcloth
- \_\_\_ 1 pillowcase
- \_\_\_ toiletries
- \_\_\_ 1 pair sneakers
- \_\_\_ musical instrument (optional)
- \_\_\_ pillow for pre-trip (optional)

**DO NOT BRING:** ALCOHOLIC BEVERAGES, DRUGS, ANY TOBACCO PRODUCT, FOOD, JEWELRY, RADIOS, TAPE DECKS, WALKMANS, MAKE-UP.