

## **Outdoor Orientation Program Pack List**

### **EXPLORER (Outdoor Sampler)**

#### **Saturday: (Kayaking, Indoor Climbing, Orienteering/Geocaching)**

##### **Upper**

- 1 Long-sleeve, insulating top (wool, fleece, synthetic)
- 1 Long-sleeve base layer top (non-cotton, wicking)
- 1 Short-sleeve base layer top (non-cotton, wicking)

##### **Lower**

- 1 Pair - comfortable close-toed athletic shoes (will get wet)
- 1 Pair - shorts
- 1 Pair - athletic pants (non-cotton preferred)

##### **Other**

- 1 Small backpack
- 1 32oz. water bottle (FILLED)
- Medications (if you have an emergency inhaler, epi pen, or other similar items, please let us know)
- Sunglasses
- Sunscreen (recommended)

#### **Sunday: (Hiking)**

##### **Upper**

- 1 Long-sleeve base layer top (non-cotton, wicking)
- 1 Short-sleeve base layer top (non-cotton, wicking)
- 1 Long-sleeve, insulating top (wool, fleece, synthetic)
- 1 Waterproof jacket (non-insulated)

##### **Lower**

- 1 Pair - comfortable hiking boots or shoes
- 1 Pair - hiking socks (non-cotton preferred)
- 1 Pair - shorts
- 1 Pair - hiking pants (non-cotton preferred)

##### **Other**

- 1 Small backpack
- 1 32oz. water bottle (FILLED)
- Medications (if you have an emergency inhaler, epi pen, or other similar items, please let us know)
- Sunglasses
- Sunscreen (recommended)