

Outdoor Orientation Program Pack List

Gravity (Outdoor Sampler)

Saturday: (Mountain Coaster, Whitewater Kayaking)

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

Other

- Change of clothes (you will get wet kayaking)
- 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 Long-sleeve, insulating top (wool, fleece, synthetic)
- 1 Short-sleeve base layer top (non-cotton, wicking)
- 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)