

## **Outdoor Orientation Program Pack List**

### **ROCKS**

#### **Upper**

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

#### **Lower**

- 1 Pair - comfortable hiking boots or shoes
- 2 Pairs - hiking socks (non-cotton preferred)
- 1 Pair - hiking pants (non-cotton preferred)
- 1 Base layer bottoms (such as long underwear or running tights, non-cotton)
- 1 Pair - shorts
- 2 Pairs - underwear (non-cotton preferred)

#### **Other**

- 1 32oz. water bottle (FILLED)
- Toothbrush/toothpaste
- Hygiene items
- Medications (if you have an emergency inhaler, epi pen, or other similar items, please let us know)
- Headlamp or flashlight
- Sunglasses or hat

#### **Recommended**

- Sunscreen
- 1 Winter hat
- Bathing suit for nearby swimming hole