

## **Gear List for the AWA Camper**

### GENERAL ITEMS:

- Whistle & neck strap
- Day Backpack (no string bags, large enough to hold 2 liters of water, layers, food, etc...)
- At least 2 pairs of pants (preferably nylon or polyester)
- At least 2 pairs of shorts
- 1 swimsuit (ladies: two piece are not allowed, modesty is expected of all)
- Comfortable sport type shoes (tennis, jogging, or running)
- bandana
- 1 pair of fleece gloves
- Large 1 gallon zip lock bags to organize gear and keep dry
- 1 pair of well broken in hiking boots-these should be worn at least one month prior to your arrival to allow for breaking in
- Hiking clothing - please be prepared for both summer and spring type weather
- several pairs of wool or synthetic hiking socks
- summer hat with brim and winter hat for warmth
- jacket
- windproof parka
- old sweater and/or fleece sweater
- Polyester shirts
- sunglasses
- Sleeping bag (20 degree, preferably down, preferably mummy)
- Sleeping mat (open or closed cell)
- Toiletry articles including biodegradable soap and shampoo
- Sunscreen
- Insect repellent (prefer 95% or more of DEET ingredients)
- Headlamp and extra batteries
- 1 mess kit or the following:
  - 1 large unbreakable plate
  - 1 large unbreakable bowl
  - 1 large unbreakable cup
  - 1 fork, table spoon, and table knife
- At least two 32 ounce wide mouth Nalgene bottles
- Rain gear (recommendation: not of the plastic variety)
- 10 large garbage bags (to line your backpacks so clothes will stay dry)
- Complete Bible (a small one is ideal to bring on trips)
- Pens/pencils

### OPTIONAL ITEMS:

- Pocketknife
- Camera
- Liquid filled compass

The cost for supplies and extra activities (i.e. pizza party, Party Barge) will cost approximately \$10.00 per week. Please keep in mind that there is also a snack shack, bookstore, and coin-operated laundry facility.

\*WOL provides a backpack (65 liter) for each participant to utilize during the trip. It is expected that each camper bring their own sleeping bag and mat. If you have any questions please call Customer Service @ 518 494 6000.

#### GUIDES WILL ALSO CARRY

- map and compass
- stove
- fuel
- water purifier
- cook sets
- tents
- iodine tablets
- cell phone
- full first aid kit