Tufts Wilderness Orientation 2010

Backpacking, Hybrid, Trail Crew, and Climbing Personal Equipment List

Please note—all items on this list are ABSOLUTELY NECESSARY for your safety and comfort. Read through this entire document before you begin shopping for gear. The gear list is very serious in tone, but don’t be alarmed! We are only strict because we want you to have the best trip possible!

Basic Equipment:
- large internal or external frame pack
- sleeping bag (backpacking quality down or synthetic fill, rated to at least 30 degrees)
- sleeping bag stuff sack
- sleeping bag straps
- sleeping pad (closed cell foam or Thermarest type pad)

Clothing:
- 1 100% wool sweater or fleece jacket
- 1pr long underwear (tops AND bottoms, silk, polypropylene, Capilene, etc.)
- 1pr 100% wool or fleece pants
- 1 wool or fleece hat
- 1 wind shell (can use top of rain gear if it is light and windproof)
- 1 set rain gear (top AND bottom)
- 3 pr 100% wool or synthetic hiking socks
- 3 t-shirts (synthetic is best but cotton is okay)
- underwear
- 2 pr shorts (quick-drying)
- 1 pr gloves or mittens (wool or fleece)

“Shower Bag” (pack this in a separate bag, to be left on campus while trips are out):
- a change of clothes for when we get back
- toiletries (soap, shampoo, deodorant)

Footwear:
- hiking boots (see notes)
- Comfortable shoes that can get wet (sneakers or sandals…no flip flops)

Other Essentials:
- 2 (two) 32 oz (1 liter) water bottles (if you have a Camelback, also bring 1 water bottle)
- cup, bowl, spoon (no glass items, disposable Tupperware are great)
- extra pair of glasses or contacts plus related equipment (if you wear contacts or glasses)
- approx. 2 lbs. GORP (see note)
- 5 (five) large garbage bags
- swimsuit
- toothbrush and toothpaste
- tampons/pads
- flashlight or headlamp (with plenty of battery life)

Optional Items:
- notebook & pen
- sunscreen
- insect repellent
- sunglasses
- pocket knife (no “survival” or long blade knives, please)
- small quick-dry camping towel
- camera
- something unusual & funky (small and light and not electronic!)
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Personal Equipment Notes

ALL OF THESE ITEMS, EXCEPT THOSE LISTED AS OPTIONAL, ARE ESSENTIAL!!!!!!!!!!!!
Participants who do not have these items will not be allowed to participate for safety reasons. Remember, late August nights in the mountains of New England are already very chilly…

PLEASE do not substitute cotton for any polypropylene, wool, or fleece. This is very important, because cotton cannot keep you warm once it gets wet!

The list of equipment on the previous page was put together from years of camping experience. While you must have everything marked as essential to go on your trip, there is no need to spend a great deal of money. High quality, inexpensive wool clothing can be found at a local army surplus store. (Also, Gore-Tex, Ultrex, and other waterproof/breathable stuff is nice, but not necessary.) In addition, many discount clothing stores (TJ Maxx, Marshall’s, etc) offer great deals on synthetic clothes and fleece. Lastly, check out online gear stores for some spectacular bargains on all types of gear (www.backcountry.com, www.rei.com/outlet, www.sierratradingpost.com, www.gearx.com to name a few).

Also, please know that leaders will go through all belongings in the backpack upon arrival. On the trail, everyone’s gear is of concern to the group – so there are no secrets! Be ready to go through your stuff with your leader to make sure everything is appropriate and packed efficiently.

A NOTE ABOUT CELL PHONES: No cell phones will be allowed on the trail with freshmen. All leaders will have cell phones, and they are not needed for freshmen. We ask that you put your cell phone in your shower bag upon arrival at Tufts on August 21st. Not only are cell phones unnecessary for the trail, they also distract from the group experience that we are trying to create in the first hours of TWO.

Why is wool so important? Wool, unlike most materials (especially cotton), will keep you warm when it is wet. Polyester pile garments work also, but they are far more expensive. Polypropylene long underwear will help insulate and works when wet since it does not absorb water. Please don’t bring cotton jeans, flannel shirts, or sweatshirts to wear on your trip. You will not be allowed to take them with you.

Why shouldn’t I bring extra stuff? Don’t bring things that aren’t on the list. Remember, you’ll be carrying a share of the group gear, so leave room in about 1/4 of your pack. Everything you bring, you carry on your back for five days. If it’s not on the list, you won’t be allowed to bring it on the trip. (This includes cotton jeans, flannel shirts, sweatshirts, and ball gowns)

Who should I call about specific equipment questions? Your local outdoors/camping store should be your first option (i.e. Recreational Equipment Inc. (REI), Eastern Mountain Sports (EMS), Hudson Trail Outfitters, or any number of local stores listed in your Yellow Pages). Their staff is trained to answer specific questions about brand names, quality, and prices. If you show them a copy of your equipment list and tell them what you are planning to do and for how long, they should be able to help you. If you still have any questions, feel free to call us.

What about rental equipment? A limited number of internal frame packs and sleeping bags are available for rental from local camping stores in Boston. It would be extremely helpful if you could provide your own equipment, whether borrowed or purchased, but we will gladly assist you if that is not possible. If you do plan to rent, you need to call either REI at (781) 944-5103 or EMS at (617) 254-4250 at least one month in advance, tell them what you will need, and tell them that we (Tufts Wilderness Orientation) will pick up the gear on the evening of August 27th. If you wait too long, they will run out of rental equipment, so start planning now!

Is there a gear lending program? Yes! TWO has a limited number of sleeping bags, sleeping pads, and backpacks available to lend, free of charge, to program participants. Since we only have a few sets, we allocate them based on financial need as determined by Tufts. Contact the coordinators if you have any questions.
Specific Equipment

**Backpack:** It is important that your backpack have a frame, either internal or external. It must have a waist belt and be large enough to carry all personal and group equipment. It must fit properly. You will be carrying between 30 and 50 pounds so try your pack out before the trip. Load it up and see how it feels. When loaded with all your personal gear, your pack must have about 1/4 of the space left over for group gear and food, which is heavier than your personal gear.

**Hiking Boots:** If you are on a backpacking, hybrid, or trail crew trip you'll need them. We can't let you go out on the trail without them. Obtain a quality pair of hiking boots soon. They must be comfortable and above all, provide excellent ankle support. They should be well broken in before the trip to prevent foot problems while we are out. If your boots do not already have a waterproofing treatment (ex. Gore-Tex) you will need to buy a waterproofing product and treat them.

**Sleeping Bag:** Bring a bag that is rated to about 20-30°F. Synthetic, polyester fill (i.e.; Polarguard, Quallofil, Hollofil, etc.) bags are preferable to down because they will keep you warm when wet. A stuff sack (waterproof bag to stuff your sleeping bag into) is necessary.

**Sleeping Pad:** A closed cell foam (ensolite) or Thermarest pad will insulate you from the ground and make you a lot more comfortable. An ensolite pad is a lot less expensive. Also you'll need straps or cords to attach your pad to your pack.

**Rain Gear:** Make sure it is durable and will cover you both top and bottom. It will rain! Coated nylon works perfectly, and is a lot less expensive than Gore-Tex.

**GORP:** GORP is an acronym for Good Old Raisins and Peanuts, also known as trail mix. GORP will be consumed in addition to three meals a day. GORP is a very personal item and we encourage you to be creative. Try nuts, dried fruit, M&Ms, granola, yogurt balls, pretzels, etc. Bring about two pounds in two or three separate Ziploc bags. Some warnings: try to avoid salted nuts and too much sugar or salt.

Prohibited Items

**Alcohol, non-medical drugs, cigarettes, firearms, cell phones, ipods, radios, or electronic games.** You will be evacuated from the trip if you bring alcohol, drugs, or firearms onto your trip. Cigarette smoking is not allowed on the trip for fire safety reasons (we’re not kidding). Hint: your leaders will look through all parts of your bag before you leave Tufts, so don’t even try it.