



First-Year Trips Gear List

The below list is subject to change in the weeks before the trips as specifics are finalized based on weather, group size, and trail conditions. Personal gear is allowed subject to approval from the Outdoor Adventures team. Please communicate with us before the arrival of the trip if you plan on bringing your gear. *Outdoor Adventures tents must be used.*

Personal Belongings

Clothes

- 3 synthetic or polyester/nylon shirts for hiking (please no cotton)
- 2 pairs of pants or shorts made of synthetic materials or polyester/nylon
- Lightweight soft shell jacket made of synthetic materials or polyester/nylon (e.g. fleece)
- Additional layer for cooler weather (i.e. lightweight puffy, long sleeve shirts, flannel shirts.)
- 5 pairs of non-cotton socks (thin wool or synthetic materials)
- 5 pairs of non-cotton underwear/undergarments
- Hiking shoes or boots (please be sure to wear them for at least 10 hours before the trip)
- Rain jacket
- Synthetic, fleece, wool beanie (may also bring a baseball style hat in addition)
- Travel shoes

Travel Clothes

- A clean set of clothes for the departure flight from Knoxville
- Clothes for traveling to Knoxville
- Shoes for traveling
 - We recommend something that can also be packed down into the backpack and used as a shoe in camp. This allows your feet to take a break from your hiking shoe in the evenings. This is usually a sandal of some type.

Toiletries

- Unscented, alcohol-based gel hand sanitizer
- Travel size toothpaste
- Toothbrush
- Floss
- Hairbrush/comb
- Soap (environmentally friendly) – (e.g. Dr. Bronner's or Kirk's Original Bar Soap)
 - There will not be showers on the trail and any bathing will be in streams or lakes.
- Unscented moist towelettes or baby wipes
- A menstrual cup (if necessary) or feminine hygiene products and a sealable plastic bag to carry them out.



- Microfiber towel
- Bandana or washcloth (can be cotton)

Miscellaneous

- Sunscreen
- Bug spray
- Sunglasses
- Kula cloth
- A small journal with a pencil
- Baseball hat or visor

Camping & Backpacking Gear

- Backpack (minimum 65 liters)*
- Two (2) water bottles 20 ounces or larger*
 - Please no heavy metal water bottles (i.e. HydroFlask, Yeti, etc.)
- Headlamp*
- Plate, cup, bowl, spork*
- Sleeping bag (rated 32-45 degrees F)*
- Sleeping pad*

Outdoor Adventures Provides (*in addition to items with * as needed*)

- Four (4) person tents
- Tent ground trap
- Stove & fuel
- Pots & pans
- Food after the trip starts through the trip conclusion