

ADIRONDACK HIGH-ADVENTURE TREK PROGRAM

PERSONAL AND CREW GEAR
FOR THE TRAIL

Packing and Sleeping

- Plastic bags – assorted sizes and lots – enough for all clothing
- Extra rubber bands
- Sleeping bag in waterproof stuff bag (18” x 10” rolled)
--- keep ‘em small
- Trail pad – foam ground pad – closed cell preferred
- Backpack – suitable lightweight pack – large enough for your gear and a portion of the group’s gear

Wearing (Do not bring cotton clothing like jeans and sweatshirts. They provide no insulation
When wet and take a very long time to dry.)

- Swim suits or shorts
- 1 pair long pants with belt (not jeans)
- Extra pair long pants or shorts (depending on weather and bugs)
- 2 T-shirts
- 1 long sleeved shirt
- 3 underwear shorts
- 2 pair wool socks (4 pair for hiking treks)
- 2 pair cotton socks (4 pair for hiking treks)
- Wool shirt or wool sweater or comparable synthetics
- Rain gear and rain hat
- Water shoes – sneakers (canoe trips only)
- Hiking boots (well broken in for backpacking)
- Camp shoes – moccasins or low tennis shoes
- Cap or hat

Keeping Clean and Healthy

- Bar of soap in plastic bag
- Toothbrush and toothpaste (small tube)
- Comb
- Small towel
- 2 handkerchiefs or bandanas
- Suntan oil
- Eyeglass straps, plastic (for glasses wearers)

Eating

- Soup bowl – plastic (12 oz.)
- Cup – heavy plastic preferred
- Spoon – Non-disposable
- Canteen or water bottle – 2 for backpacking trip

Important Pocket Items

Pocketknife
Insect repellent
Compass
Small flashlight with/new batteries
Personal first aid kit

For Tenting

We supply four man-backpacking tents. However, we ask that you bring your own individual ground cloths to go under the tent. Ground cloths should be of heavy plastic about 6' x 8'.

OPTIONAL EQUIPMENT

Chapstick	Sleeping bag liner
Camera and film	Fishing gear
Sunglasses	Safety pins
Metal mirror	Headnet – depending on season
Extra shoelaces	

For Travel to the Adirondacks

Travel uniform
Extra change of underwear and socks
Leather or low quarter shoes
Extra towel and wash cloth
Duffelbag or other luggage
Travel maps

Travel Uniform

The official uniform of your unit should be worn while traveling to and from the Adirondacks. Uniforms are expected to be worn while in the base camp at dinner.

Undesirable Trail Clothes

Levi's or jeans, sweatshirts and pants – they are very absorbent and difficult to dry. Avoid 100% Cotton garments when possible.

Desirable Trail Clothes

Wool shirt or wool sweater are warm and water-resistant. Synthetic long pants are lightweight and dry very quickly. Lightweight cotton-polyester chino-type pants are good.

First-Aid Precautions

Your Adirondack Voyageur will have a group first-aid kit for your use on the trail. In addition each group should bring a first aid kit.