

Escape the Everyday

Gear Packing List:

Packing list for Clothing and Equipment	All items are required unless marked “optional”. Please refer to the “Prohibited items” list below. If you’re currently taking prescription medications, please bring those medications with you! Remember we will have lots of luggage so keep it simple. We will also do laundry as needed.	
Item	Quantity	Comment
Backpack/duffel bag	1	Space is limited. Please pack in a SOFT duffel bag without wheels.
Long Pants	2-3	Comfortable, durable (no jeans). Synthetic is best.
T-shirt	4-5	Please no drugs or alcohol slogans/logos
Socks	4-5 pairs	Cotton, wool whatever you normal wear
Underwear	4-7 pair	Recommended that men use a pair of nylon shorts with a liner in them. Women should have a couple pairs of synthetic or silk underwear with a cotton liner.
Synthetic Sports Bra	3-4	Women should bring a synthetic sports bra.
Hiking Boots or Shoes	1 pair	A comfortable pair you can walk in. Make sure they are broken!
Sandals (with heel strap)	1 pair	Teva’s or Chaos as these are durable and comfortable
Nylon Shorts	2-3	Quick drying, loose fitting nylon athletic shorts (no cotton)
Swim Suit	1	Appropriately fitting
Warm Hat	1	Wool or fleece.
Sun Hat	1	Baseball cap or visor with a brim works well.
Sun Glasses	1	Lenses should be dark & block all UV and infrared light.
Mid-weight Bottom Layer	1	Recommended synthetic material
Mid-weight Top	1	Recommended synthetic material.
Expedition Weight Top	1	Heavy long underwear top, lightweight fleece, or a thin wool sweater.
Jacket	1	Fleece or synthetic-filled.
Rain Jacket	1	Should have a hood.
Lip Balm	1	SPF 20 or higher.
Bandanas	1-2	Very useful!
Water bottle	2	One liter-sized water bottles
Headlamp	1	LED is best
Extra Batteries	1 set	1 spare set.
Notebook and Pen	1	Small, light-weight.
Toiletries	1 set	Minimize. Toothbrush, small toothpaste, floss, tampons or pads. Small deodorant or shampoo.
Glasses/Contacts	1 + back-up	Bring a back-up pair as well. Bring a strap to keep glasses on.
Day Pack	1	Your daypack is ESSENTIAL , and you will use it nearly every day. A school book bag is the perfect size. Please pack your day bag accordingly: <ul style="list-style-type: none"> • Please bring in your carry-on bag everything that you will need in camp in case your bags are delayed: fleece jacket, change of clothes,

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		swim suit, raincoat, and toothbrush. (we'll provide the "liquids or gels" if needed), prescription medications, sunglasses, warm hat, and any other personal essentials. ESSENTIAL: an empty water bottle and flashlight/headlamp in your day-pack. Pack your cell phone, medications, wallet, and return ticket in a Ziploc bag with your name on it to give to your trip leaders in the airport. <ul style="list-style-type: none"> • Please wear closed-toed shoes (not sandals or flip flops). • Please wear clothes for the outdoors on the plane, in case of delayed bags: nylon shorts or pants and a non-cotton shirt
Sleeping Pad	1	The purpose is to provide padding and thermal insulation when camping.
Down or Synthetic Sleeping Bag	1	3 season sleeping bag Down Bag: (Lightweight, Easy to compress, Excels in cold, dry conditions, Durable) Synthetic Bag: (Quick-drying, Insulates when wet, Non-allergenic)
Mess Kit	1 set	bowl/plate/spoon/fork/knife/cup (Tupperware works great)
Prescription Medication	Please bring any prescription medications in their original container including inhalers and epi-pens. Any over the counter medications (ibuprofen, Tylenol, Claritin etc.) should also be brought in their original container.	
Extra Snacks	Please bring extra snacks to eat between meals. Dried fruit, nuts, beef jerky, protein bars are great choices.	
Spending Money	Bring cash for an occasional personal item and for airport food. Don't forget about airline baggage fees. \$50, in addition to baggage charges, is plenty.	
Commercial Insoles	1 pair	(Optional)
Wind Shirt	1	(Optional)
Watch w/Alarm	1	(Optional) Waterproof.
Trekking Poles	1 set	(Optional)
Rain Pants	1	(Optional). Coated nylon or breathable fabrics such as Gore-tex.
Insect Repellent	1	(Optional) Small bottle (non-aerosol).
Sneakers or Crocs	1 pair	(Optional) lightweight running shoes or closed-toed "Crocs". Something comfortable to wear around camp.
Camera & Film	1	(Optional) not a smartphone
Book	1	(Optional). A small paperback.
Coffee cup	1	(Optional) If you like hot drinks bring a travel mug
Prohibited Items	The use or possession of any form of Illegal substances, drug paraphernalia, tobacco, alcohol, weapons, aerosol spray cans, matches/lighters or any medication that has not been registered. Cell phones and electronics may be brought but will be held by BU staff and returned at the end of the trip. The goal is to unplug and make new friends. Please leave all valuables at home. You will not need any jewelry, make-up, or fancy clothing.	