

# PACKING LIST

## OSI Summit

### Clothing

#### Feet

- 2 to 3 pair of synthetic or wool socks
- Footwear for canoeing/kayaking (old sneakers, neoprene booties, water shoes)
- Sneakers
- Sandals (optional)

#### Head

- Baseball cap or visor

#### Legs

- 2 pair hiking shorts
- 1 pair rain pants (optional)
- 1 pair padded bike shorts (optional)
- Swimsuit

#### Torso

- 2 synthetic base layer shirts
- 1 mid-weight layer (fleece, heavy synthetic blend)
- 1 waterproof/breathable rain jacket
- 1 to 2 extra layers (wind breaker, fleece vest, wool sweater)
- Insulated jacket for cool nights
- Paddling wetsuit (optional)

### Other Clothing

- 2 to 3 changes of casual clothes (Please pack light, space is limited)

### Sleeping

- 1 set of twin extra-long bed linens, or 1 summer weight sleeping bag (15 to 30 degree)

### Hygiene

- Toothbrush
- Small bottle of soap/body wash
- Deodorant
- Towel
- Personal medication in waterproof container (please notify trip leaders about nature and location of medication)

### Packing & Transport\*\*

- 1 Small day hiking backpack (1500 – 2500 cu in)
- 1 duffle back for personal gear

### Other

- 2 1-liter water bottles
- Camelbak or hydration pack for biking (optional)
- Small plastic bowl & spoon
- Packable camp chair (i.e. "Crazy Creek")
- Sunglasses w/ strap
- Headlamp w/ extra batteries
- Sunscreen
- Notebook & pencil
- Camera w/ extra batteries
- Small pillow

If you are experiencing difficulty acquiring any of the items on this packing list, please contact your course coach.

\*\*Packing space is limited, please make sure your equipment fits within one medium size duffle bag and a small backpack.

