

Pre-O 2009 Gear Checklist White Water Kayaking

The following items are required so that you have a safe, fun, and comfortable trip. If you have any questions about the gear, please ask us - there is a reason for all this equipment. Also, keep in mind that you will have to carry some group gear and food, so do not bring things that are not included on the list.

PLEASE REMEMBER THAT YOU DO NOT NEED EXPENSIVE OR NAME BRAND EQUIPMENT!! We are college students too; we try to save money as much as possible ourselves. We ask that you provide the items on the gear list to make your experience as safe and enjoyable as possible. Trust us; you won't have nearly as much fun if you're wet and cold the entire week. We will do everything we can to help you find the gear you need. If you have any questions regarding what to buy, where to buy it, or anything else at all please feel free to ask us.

Clothing:

- 1 warm wool or fleece sweater
- 1 waterproof top and bottom
- 1 pair of pants, non-cotton
- 1 long underwear top (non-cotton)
- 1 long underwear bottom (non-cotton)
- 2-3 T-shirts, cotton is O.K.
- 1-2 pairs of shorts, cotton is O.K.
- 1 pair Teva-type sandals that strap and stay around your feet (NO FLIP FLOPS OR CROCS)
- 1 pair of good non-cotton socks (in the kayak if your feet get cold)
- 1 pair camp shoes (**NOT** your water shoes)
- 2-3 pairs of socks (for your camp shoes)
- 3+ changes of undies/1-2 bras
- 2 hats: sun and cold
- 2 bathing suits (you'll be wearing these most of the time; must be one-piece for females)
- 1 towel
- Hawaiian shirt (because kayakers rule!)

Equipment:

- 2 one-liter water bottles
- 1 duffel bag (no suitcases!)
- 1 sleeping bag
- 1 sleeping pad

- 1 headlamp or small flashlight
- Extra batteries
- 1 bowl and spoon
- Toothbrush and toothpaste
- Personal hygiene items for women
- Sunscreen/lip balm (VERY IMPORTANT!!)
- Sunglasses on a lanyard (Also, VERY IMPORTANT!!)
- Extra glasses and/or contacts
- Medication in waterproof bags
- Mosquito repellent
- Journal and pen
- Duct tape (optional)
- 1 pocketknife w/ can opener (optional)
- Camera (optional)

DO NOT BRING

- Electronics: cell phones, I-pods...
- Deodorant (unhygienic when showers are unavailable)
- Makeup, nail polish, hair spray etc.

Let us know on the Participant Information Form if you need to **rent** any of the following items:

- Backpack - \$40
- Sleeping bag and pad - \$20
- Sleeping pad - free

The following is a short description and explanation of some of the gear we are asking you to bring for your Pre-O experience.

Sleeping bag and sleeping pad:

If you are thinking about purchasing a new sleeping bag just for Pre-O, remember that August in Baltimore is generally pretty warm. Something in the \$30-\$40 range (40-50° F rating) will be just fine. Sleeping pads come in the inflatable and foam varieties and run around \$15-\$20. Both

the sleeping bag and pad will also come in handy if you are planning on having visitors in your dorm room, if you are going to be on the debate team, or you plan on pursuing more outdoor activities. If you'd like to borrow a bag it will be \$20 for the week and sleeping pads are free.

Water bottles, bowls and spoons:

Many folks purchase 1-Liter water bottles manufactured from companies such as Nalgene. These bottles are nearly indestructible and run about \$8 each. Nalgene's are also useful for taking to class etc. Many other folks also recycle Gatorade bottles or bottled water bottles. They have the disadvantage of breaking fairly easily. We ask that you have two bottles (one liter or 32 oz) for your trip. Bowls and spoons come in almost every shape, size, and material and are very inexpensive. Something like Tupperware is just fine.

Boots:

There are many different styles of hiking boots on the market. If you like the stiff high-cut variety that's fine, if not that's ok too. The important thing to remember is to have something that will give your feet good support. Please **DO NOT** wear your boots for the first time on Pre-O. Make sure you break them in well before you get here; your feet will thank you many times over.

Clothing v. Non-cotton:

Though cotton clothing will be just fine for the Mid-Atlantic summer climate, we suggest that you invest in non-cotton clothing for several reasons: Synthetic fabrics generally dry out much quicker when wet. In addition, you will stay warmer in a wet synthetic fabric than wet cotton. 100% polyester shirts are great and are generally inexpensive; they can be purchased for \$7-\$10 each. Nylon pants/shorts are good, too. Polyester or wool socks will keep your feet happy in almost any weather.

Rain gear:

Try as we might, it sometimes rains on Pre-O. Having good rain gear to keep you dry is necessary and an excellent investment. Gore-Tex jackets and pants work well, but are not necessary. PVC or waterproofed nylon works just as well and is much less expensive.

So where do I buy all of this cool stuff? Here is a short list of places that will have the things you need, but don't be afraid to look elsewhere. Many local department stores carry in-store brands that are less expensive, like Target, Walmart, etc. Don't forget, thrift stores have some great stuff, too!

- ♦ Eastern Mountain Sports (EMS) - www.emsonline.com
- ♦ Campmor - www.campmor.com
- ♦ Recreational Equipment Inc. (REI) - www.rei.com
- ♦ Sierra Trading Post - www.sierratradingpost.com
- ♦ L.L Bean - www.llbean.com

By the way, we're kayaking, not backpacking, so you don't need crazy hardcore boots or some huge backpack, in fact, we'd rather you didn't lug that bulky stuff along.