

Pre-O 2009 Canoeing and Hiking Participant Gear Checklist

The following list is what you will need to bring for your Pre-O trip this year. PLEASE DO NOT BRING EVERYTHING YOU PLAN TO MOVE INTO YOUR DORM ROOM (unless we've arranged this ahead of time) and make every effort to have your parents meet you with your belongings at the end of your trip. If you have any questions about the following list (why or why not to bring something) please ask us. Also, keep in mind that you will have to carry some group gear and food in addition to your personal items, so do not bring things that are not included on the list. See you in August!!

Clothing:

- 1 warm wool or fleece sweater
- 1 waterproof jacket and pants
- 1 pair of pants, non-cotton
- 1 thin long underwear top (non-cotton)
- 1 thin long underwear bottom (non-cotton)
- 2 t-shirts, cotton is O.K.
- 1-2 pairs of shorts (non-cotton)
- 1 pair old sneakers that can get wet or Teva-type sandals that strap and stay around your feet (for canoeing) (NO FLIP FLOPS OR CROCS)
- 1 pair sturdy hiking shoes or boots (**MAKE SURE THESE ARE BROKEN IN**)
- 4 pairs of good non-cotton socks
- 2 pairs of non-cotton liner socks
- 3+ changes of undies/1-2 bras
- 2 hats: sun and cold
- towel (small!) (optional)
- 1 bathing suit (must be 1-piece for women)
- extra glasses and/or contacts
- medication in waterproof bags
- journal and pen
- 1 pocketknife w/can opener (optional)
- camera (optional)
- mosquito repellent (optional)

DO NOT BRING (you'll survive without these things, we promise!)

- cell phones, pagers, palm pilots
- headphones, I-Pods, or other electronic devices
- deodorant (it attracts bugs & is unhygienic when showers are unavailable)
- nail polish, makeup, hair spray etc.

Alcohol, Drugs, and Tobacco:

These substances are not allowed on the Pre-Orientation program due to legal, health, safety and ethical considerations. Use of any of these may result in removal from the course with no refund.

Equipment:

- 2 1-liter (~32 oz.) water bottles (Nalgene Preferred)
- 1 sleeping bag
- 1 backpack, 4500-6000+ cubic in.
- 1 sleeping pad
- 1 headlamp or small flashlight (w/extra batteries!)
- 1 bowl
- 1 spoon
- toothbrush/toothpaste
- personal hygiene items for women
- sunscreen (waterproof) and lip balm
- sunglasses on a lanyard (very important because you're on the water all day!)

*** 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

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The following is a short description and explanation of some of the gear we are asking you to bring for your Pre-O 2007 experience. PLEASE REMEMBER THAT YOU DO NOT NEED EXPENSIVE OR NAME BRAND EQUIPMENT!! We're college students too, we understand and try to save money as much as possible ourselves. We ask that you provide the items on the attached 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 (410-516-4417 or preo@jhu.edu).

Backpack, 4500-6000 cubic inches:

If you plan on doing any additional outdoors activities after Pre-O, a backpack is an excellent investment. There are many opportunities to get involved in such activities while at Hopkins so your pack won't sit in a corner and get dusty. Packs such as the ones we're asking you to purchase can be found as cheap as \$70 depending on how many bells and whistles you like to have. If you would rather not purchase or borrow a pack (friends and family are great people to ask!), you can rent one from us for \$40 for the entire week.

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 or if you are going to be on the debate team. If you'd like to borrow a bag and pad from us, it will run you \$20 for the week.

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, those kind are free (well almost). They have the disadvantage of breaking fairly easily and we prefer this doesn't happen. We ask that you have 2 such bottles (1-L 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 during Pre-O. Make sure you break them in before you get here, your feet will thank you many times over.

Clothing, 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 more quickly if they get 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. Please remember that we'll do everything we can to prevent it, but sometimes it just rains anyway.

Rain gear:

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