

Adirondack AWLS GEAR LIST

Clothing:

Multiple layers of clothing - preferably not cotton
Warm Jacket
Light pair of gloves
Wool / Synthetic Ski Cap
Swimming Trunks / Bathing Suit
Rain Gear - Jacket and Pants

Footwear:

Warm synthetic / wool socks
Hiking boots or sturdy cross trainers
Flip-flops / Keens for around camp

Miscellaneous:

Sleeping bag
Pillow if desired
Knife
Head-lamp
Lighter or Matches
Camp Towel / Beach Towel
Soap / Toiletries
Hiking Poles - optional
Camera
Day Pack / Water Bottle
Snack Food for hikes / between meals
Sunhat / Sunglasses
Sunscreen
Bug Spray / DEET
Mosquito Net - optional
*Book / Journal / Pen & Paper

*Make sure you bring your own medications

*If you have a Standard Med Kit that you bring on trips - please bring it

*Notify us if you have a special diet

Please ask if you have any questions