

# TrekNorth Outdoor Adventure Program

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## Gear List

The following gear list should be used as a guide in accumulating outdoor clothing and gear during your years at TrekNorth. These products can be purchased at Gander Mountain, Northern Surplus, Glen's Army/Navy (Grand Rapids), REI (Twin Cities), or any other outdoor store. Students receive a 10% discount at Gander Mountain with their student identification card.

Each trip requires specific gear and will be explained by the trip leader during the pre-trip meeting. Some gear is absolutely necessary for certain trips as directed by the trip leader.

Some gear is available from TrekNorth for use by trip participants including: rain jackets, backpacks, sleeping bags, sleeping pads, climbing equipment, camp stoves, water filters, headlamps, tents, canoes, etc.

### Clothing

- Synthetic or Wool Hiking Socks
- Lightweight Rain Jacket (pants are great too as long as they pack down small)
- Durable and Supportive Hiking Boots or Shoes (broken-in prior to trip departure)
- Quick Drying Pants and/or Shorts: Nylon or Polyester (zip-off pant/shorts are great)
- Fleece or Wool packable jacket
- Fleece or Wool Hat and Gloves
- Synthetic or Wool Long Underwear Tops and Bottoms (commonly referred to as polypropylene though many variations exist)

### Equipment

- Sealable Water Bottles (Nalgene brand is recommended)
- Mess Kit: bowl, mug, spoon, and fork (small Tupperware works great for bowl)
- Headlamp or Small Flashlight
- Mummy-style Sleeping Bag (rated to 20 degrees and compressable) and Compression Sack
- Sleeping Pad
- Internal Frame Backpack (should be purchased with the assistance of someone familiar with proper pack sizing)