

Equipment List

PEHD 252

Consider these items for our class outdoor activities. Remember that cotton clothing is to be avoided. Instead select items made of synthetic materials that move the moisture away from the surface of the skin and still provide the wearer some degree of insulation.

- _____ undershirt/pants
- _____ additional layers, nylon shell and pants
- _____ fleece jacket or sweater
- _____ shoes that can get wet and remain strapped on one's feet.
- _____ rain gear – jacket and pants. Ponchos are not recommended.
- _____ hat – one that will shed water and the sun.
- _____ camp shoes – that can be worn around the campsite and allow your feet to dry.
- _____ extra set of dry clothes for a more comfortable ride home
- _____ sunglasses
- _____ two bandannas or small synthetic towel
- _____ two one-quart water bottles
- _____ insulated mug, plastic bowl, and a spoon
- _____ sunscreen
- _____ insect repellent
- _____ lip balm
- _____ personal toiletries and medications
- _____ toilet paper in a zip lock bag
- _____ stuff sack or pillowcase
- _____ travel bag to place all of your stuff
- _____ plastic trash bags – many applications including emergency use for cold and wet victims
- _____ quick snacks – granola bars or gorp (good old raisins and peanuts) are good choices

- _____ duct tape
- _____ pocket knife
- _____ rope and/or wire
- _____ whistle
- _____ flashlight and batteries
- _____ lighter

The James Island County Park can supply these items: sleeping bags, sleeping pads, tents, ground cloth, cooking stoves, and first aid kit. You may use your own equipment, if you prefer.

***Backpacker* magazine's 10 essentials for any outdoor trip**

- | | |
|--|----------------|
| fire starter | first-aid kit |
| matches in a waterproof container | map |
| flashlight with extra batteries and bulb | compass |
| pocketknife | extra clothing |
| sunglasses with strap | extra food |