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.

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

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