



Lynchburg College  
Outdoor Leadership Program

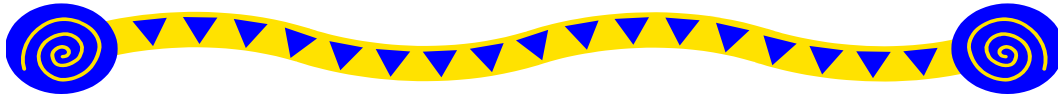
LCOLP

[LCOLP@lynchburg.edu](mailto:LCOLP@lynchburg.edu)  
[www.lynchburg.edu/above.xml](http://www.lynchburg.edu/above.xml)

**ABOVE Packing Checklist**  
**No Cotton!**

What does the **LCOLP** provide? After looking at this list you would wonder, yes?)

- Transportation
  - o Vans, Truck, trailer
- Food
  - o Protein, veggies, fruit, grains, breads, spices
- Staff
- Equipment
  - o Tarps
  - o Cook wear - stoves- pots, pans, utensils
  - o Tents (for emergency shelter situations)
  - o Emergency First kits
  - o Technical gear
    - Boats, PFD's, paddles, ropes, harness, etc.
- Equipment if you reserve it in advance (July 15<sup>th</sup> deadline)
  - o Sleeping bags
  - o Pads
  - o Backpacks
- Maps
- Camping permits



What do **YOU** provide?

Footwear: \*

- Hiking Boots (1 pair) Buy the best pair you can-expense here is totally worth it (\$100 range)
  - o Keen, The North Face, Montrail, Vasque, Columbia, Asolo, Merrell
  - o How to choose the foundation of everything you do in the outdoors in order to stay healthy and alive?
    - <http://lifestyle.ezinemark.com/helpful-tips-in-selecting-good-quality-hiking-boots-171ce14ba71.html>
    - <http://www.abc-of-hiking.com/hiking-boots/hiking-boots-buying-guide.asp>
- Water shoes/Sandals (1 pair) (need straps so they stay on your feet, and rubber gripping sole)

**Clothing: \*\* Please see notation on layering below**

- Jacket/Sweater (1) (fleece works well)
- Plastic Rain Jacket/Poncho and Waterproof Pants (1 set)
- Long pants (1 pair) (Acrylic/Polyester blend or synthetic. **NO JEANS!**)
- Camp Pants (1 pair) (Comfortable, small packing pants for downtime, i.e. fleece)
- Shorts (1 pair) (Acrylic/Polyester blend or synthetic. Zip off pants work great!)
- Long Sleeve Shirt (1) (Synthetic, polypro, wicking)
- Short Sleeve Shirt (1) (Synthetic, polypro, wicking)

- Hiking Socks (and optional sock liners) (2 pairs) (Wicking/Synthetic. Non-cotton.)
- Hat (2)
  - 1 synthetic, fleece, wool (for wearing at night)
  - 1 brimmed hat (for sun protection)
- Underwear (non-cotton fabric is better- wicking synthetic fabric)
- Long underwear (1 set) (top and bottom- not cotton)
- Swimsuit (1)

**Personal Equipment:**

- Hydration pack (1) should hold at least a liter
- Reusable water bottles (2)
- Headlamp (1) (extra batteries)
- Spoon or spork (1)
- Bowl (1) (plastic or metal, non-breakable)
- Sunscreen (SPF 25+) waterproof
- Insect repellent with tick and chigger repellent
- Toiletries (toothbrush, toothpaste, biodegradable soap, antibacterial gel, no aerosols)
- Prescription drugs and over-the-counter medicine (inhaler, EpiPen)
- Prescription glasses with head-strap/extra contacts
- Chap stick / lip balm
- Small towel (1) (microfiber camp towels)

**Camping/Hiking: \*\*\***

- Sleeping bag (1) (preferably synthetic; you can rent one for free from LCOLP)
- Sleeping pad (1) (insulate or foam; you can rent one for free from LCOLP)
- Backpack with hip belt and pack cover (1) (you can rent one for free from LCOLP)
- Large trash bags (2)
- Camp chair (ex. Crazy Creek)
- Hiking Poles or stick

**Food / Snacks:** We do provide an amount of snacks, which consist of fresh fruit, snack bars, and crackers. However, at times participants want an extra snack, something before a meal that is quick, is prepared and ready to eat. We suggest if this may be you...

- Snack bars
- Fruit wraps
- Crackers with peanut butter

**Optional:**

- Small knife (1) (Swiss Army type)
- Camera (in a plastic bag to keep it dry) (almost mandatory- but not required)
- Sunglasses (I do not leave home without them)
- Field guide (ex. Night Sky, Flowers, etc.)
- Musical Instrument (no mp3 players) ( we love to be entertained)
- Gaiters (what? O-the things you wear around your ankles to keep bugs, mud and thorns off)
- Comfort item (stuffed animal, favorite pillow, etc., )
- Tennis shoes
- Crocs sandals (make light and very comfortable camp shoes)
- Extra snacks (basic meals and granola bars will be provided. If you like GORP, make your favorite mix)

**Advice/Specifications:**

**Footwear:**

- Boots: Broken in hiking boots are *absolute necessities* for ABOVE. If you do not own a pair of hiking boots, buy some **immediately**. It is important that your boots are broken in when you arrive for ABOVE in August. We suggest that you walk at least 10 miles in your boots prior to the ABOVE program- wear them around and let your feet get used to them, blisters are no fun for you or the group impact of having you go slow). **It is a good idea to wear your boots in water, and continue to wear them until they dry.** High-tops and sneakers will not work.
- Water shoes: These will also serve as your camp shoes, which you will wear when not hiking. Straps are necessary so that the shoes stay on in the water. Brands such as Keen, Teva, and Chacos make excellent water shoes with straps.

#### **Clothing:**

- Fabrics- Cotton is comfortable and breathable, but it absorbs and retains water, so it becomes very heavy, smelly and cold if it gets wet. Synthetic materials such as polypropylene, nylon, and fleece are excellent wilderness clothing materials, as is wool or blends of these materials.
- Socks- one of the most important pieces of equipment in preventing blisters. Wool socks or synthetic blend are the best- your feet will stay driest in these. Good brands are Smart wool, Darn Tough, etc.

#### **Camping/Hiking Gear:**

- You can rent your sleeping bag, pad, and backpack from LCOLP for free. Please let us know **by July 15<sup>th</sup>** if you will be renting these items. Any damaged or lost items will be the responsibility of the student and replaceable at FULL retail prices.

#### **Bugs, insects, nastiness and whatever else I do not want on or around me!:**

*(I love nature just not on me!)*

**We highly recommend preventively treating (in advance)** your tops and pants with an insect-killing repellent for your clothing which is effective against ticks, chiggers, mites and mosquitoes. Please note that many of these treatments are highly effective, we use it... but need to be applied at least 24 hours in advance and may add a smell to your clothing. These repellants are available at all outdoor stores and Wal-Mart type stores too.

#### **Contraband:**

- **Cotton clothing** (during the program)
- **Firearms** (even if you have a concealed gun permit)
- **Non-prescribed and non-over-the-counter drugs** (We want you to have a holistic, a-natural experiential experience, sorry, please keep your clothing on also)
- **Alcohol** (sorry, even the staff that is over 21 years of age is not permitted to consume during a LCOLP program)
- **Tobacco** products of any kind (not a good thing for you or the equipment that keeps you safe, pure contraband)
- **Cell phones** (who-ya gonna call anyway... we are only out of touch for a few days)
- **Knives** (larger than your index finger which can cut you and your new friend)
- **IPods/MP3 Players/Other electronics** (reality check, we came to nature to be with nature, but memorize a song to sing)
- **Hair dryers**, (NOT, hair styling considered the fashion of the day)
- **Weapons of mass destruction** (we know many participants want to bring their favorite ones, but please leave them at home for the time being)
- **Negative attitudes** (ABSOLUTELY not allowed) Why? Because it is not as fun and can be dangerous to everyone involved)

**Questions:** Call LCOLP-Lynchburg College Outdoor Leadership Program at (434) 544-8224, or email [LCOLP@lynchburg.edu](mailto:LCOLP@lynchburg.edu)

**Additional thoughts on gear, clothing materials, name brands:** Friends, relatives and discount stores can be inexpensive sources of equipment. However, top-quality gear you or your parents will buy lasts for many years, and it will also impress friends, so consider the future and try to buy name brand gear. It is essential that you bring all of the items on the list, and that it is able to fit into a small bag, so pack conservatively, but thoroughly. Also many quality name brands pack easier because they are made from high tech materials.

**Materials:** Non-cotton types, wool, polyester, nylon, polyester, wicking, odor eliminating and blends

**Layering:** Layering is the act and process that adds vents, removes, regulates, eliminates, moderates, facilitates, prevents, and maintains air and moisture on, around and in your body. Remember as human beings we need to regulate what is in and on our bodies. Thus we stay comfortable, fit, cool and warm not over heated or freezing and wet.

#### **Step #1:**

The foods and liquids we eat have sugars, starches and protein, provide us energy, or convert it to energy. Additionally, we also need to regulate the hydration-water in our bodies and salts. So by staying well fed with energy (food) and hydrated (water) we internally regulate our bodies, so they can regulate our body systems, one of which is our largest organ, our skin. So when we ask participants what they have eaten or drank during a day of climbing, caving or

padding we are actually asking about part of the layer support system they will need to have in order to exist, function and play in the outdoors.

**Step #2:** External or clothing as an appropriate regulator. Why no cotton, well cotton feels good, looks stylish and is affordable, however it holds moisture, dries slowly and retains body oils-smelly perspiration. Synthetic fabrics like polyester and nylon and blends of made up of them dry quickly, regulate temperature even when wet and tend not to retain body oils-smelly perspiration as much as cotton.

[http://www.frank-ross-outdoor-info.com/buyers\\_guides/columbia\\_layering\\_gd.php](http://www.frank-ross-outdoor-info.com/buyers_guides/columbia_layering_gd.php)

Wearing the right clothes to provide maximum heat is critical, but it is equally important that you be able to remove layers as needed. The combination of these considerations will help you stay comfortable and safe when venturing outdoors in cold weather. As someone who has lived Maine, I can tell you: you want to be warm, but you also want to enjoy your time outside!

Starting from the outside working in, you want to begin with moisture (rain, snow) and wind-protecting material in our clothing. Then on to a layer of additional thermal insulation and then end with something that provides maximum comfort. Start with a jacket and rain or wind-protective pants, work inward with thermally-protective gear and end with a comfortable set of pants and shirt.

**JACKET:** What you pay for is what you get. The best jackets are found at places like EMS (Eastern Mountain Supply) and REI, Patagonia, Cloudveil, North face, Mountain Hardware, Columbia and the large chains that cater to outdoor enthusiasts. At the high end of the cost spectrum, you can get high-quality synthetic materials which are highly wind-resistant and water-proof but still breathe (i.e. allow air to pass through them and not cause you to sweat). If you don't have as much to spend, you can get thickly padded and inexpensive coats at places like Goodwill or Wal-Mart (if you don't expect too much rain) or water-proof windbreakers pretty much anywhere (though they may not breath well).

**PANTS:** If you're serious about staying warm you can layer your pants. If you're not worried about rain, you can literally just put on a pair of comfortable nylon - or layer. I like Patagonia, Cloudveil, North face, Mountain Hardware, Columbia to name a few brands.

**THERMAL:** Long underwear bottoms and tops are great for providing thermal insulation without adding too much weight to your outfit. They can also be as inexpensive as \$25 for a top-and-bottom set. These are thin and designed to breathe, but they do not protect against water so you shouldn't use them as a top layer.

**FEET, HANDS and HEAD:** Of course, you also want to make sure to wear water-proof but comfortable boots (hiking boots are great, even if you're not hiking). Above all: a hat that covers your ears and gloves are a must. Ski gear works great if you're serious about being warm, but you can also buy less expensive alternatives. If you're going to be out for a long time and might warm up from walking, considering bringing a backpack so you can shed layers as you move more.