

Outdoor Leadership Program (OLP) ABOVE Packing Checklist

Footwear: *

- Tennis shoes or sandals (1 pair)
- Water shoes/sandals (1 pair) (need straps, and rubber gripping sole)

Clothing: **

- Jacket/Sweater (1) (fleece works well)
- 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, wool, capilene)
- Short Sleeve Shirt (1) (Synthetic, polypro, wicking)
- Hat (2)
 - 1 synthetic, fleece (for wearing at night)
 - 1 brimmed hat (for sun protection)
- Underwear (non-cotton fabric is better- wicking synthetic fabric)
- Swimsuit (1-2)

Personal Equipment:

- Reusable water bottles (2)
- Hydration pack (optional) (1)
- Headlamp (1) (with extra batteries)
- Sunscreen (SPF 25+)
- Insect 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
- Lip balm / Chap stick
- Towel (1) (microfiber camp towels, small terrycloth towel)
- Large trash bags (2)
- Duffel bag for storage of all your stuff
- Sunglasses and Croakies (holders)
- Camp chair (ex. Crazy Creek)

Optional:

- Small knife (1) (Swiss Army type)
- Camera (in a plastic bag to keep it dry) or waterproof
- Field guide (ex. Night Sky, Flowers, etc.)
- Musical Instrument (no mp3 players)
- Comfort item (stuffed animal, favorite pillow, etc.)
- Extra snacks (basic meals and granola bars will be provided. If you like GORP, make your favorite mix)

Advice/Specifications:

Footwear:

- Water shoes: These will also serve as your camp shoes, which you will wear when not in the water. 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.
- Pre-treating clothing with insecticide: Bugs and critters that crawl on you and then like you so much that they take a bite out of your skin are many time poisonous and irritating, like ticks and chiggers. So pre-treating your clothing is the best way to keep insects off you and away from you.
 - Link here for more information
 - <http://www.youtube.com/watch?v=WwBeZIZFwzc&feature=related>
 - Can be purchased at a wide array of store, like Wal-Mart

Contraband:

- Cotton clothing
- Firearms
- Non-prescribed and non-over-the-counter drugs
- Alcohol
- Cell phones
- Knives larger than your index finger
- Ipods/MP3 Players/Other electronics
- Hair dryers
- Weapons of mass destruction
- Negative attitudes

Additional thoughts on gear: Friends, relatives and discount stores can be inexpensive sources of equipment. However, top-quality gear often lasts for many years, so consider the future. It is essential that you bring all of the items on the list, and that it is able to fit into a duffel bag, so pack conservatively, but thoroughly.

Questions: Call OLP at (434) 544-8224, or email olp@lynchburg.edu