



EQUIPMENT LIST FOR OUTDOOR ORIENTATION

Personal Gear*

- Internal frame backpack w/ hip belt (4000-5000 sq. inches or 65-80 liter capacity) if possible with integrated convertible waist or day pack*
- Sturdy backpacking boots in good repair, over ankle height
- Sleeping bag w/ stuff sack, preferably synthetic, rated to ~10-15* F
- Sleeping pad, closed-cell foam or inflatable (if an air mattress add repair kit)
- Small or medium size stuff sack (1; to organize clothes and gear)
- Ground tarp, small ~ 5' x 8'
- Waterproof rain jacket
- Waterproof rain pants
- Fleece jacket, medium to heavyweight
- Fleece/ wool sweater or lightweight synthetic pullover
- Fleece long pants
- Long underwear, medium weight top & bottom
- T-Shirts, 2, preferably synthetic
- Shorts, lightweight, synthetic or swim trunks
- Underwear, 2-3 pair, cotton or synthetic for quick drying
- Bandana
- Hiking Socks, 2-3 medium weight wool/ synthetic blend
- Camp shoes, closed-toe, lace-up footwear, lightweight
- Headlamp, lightweight, LED
- Cup/ Bowl Spoon (or wider mouth combo Cup/ Bowl and/ or a spork)
- Cloth masks, 2, with neck lanyard for keeping track and easy access
- Toilet Kit
 - Travel-sized toothbrush and toothpaste
 - Moleskin or blister care pre-packaged bandages
 - 30-SPF or greater sunscreen
 - 15-SPF or greater lip block
 - travel-sized pre-moistened wipes
 - 2-oz hand sanitizer
- Small whistle on a neck lanyard
- Sunglasses w/ plastic lenses and keeper lanyard
- Sun hat (ball cap or full brim)
- Warm hat, wool or synthetic
- Work Gloves (for service project)
- Warm gloves, lightweight for warmth
- Plastic 1-Liter water bottle, secure screw-top, 2
- Pen or pencil (2; for journal writing, journals will be provided by CRMS)

Optional Items

- Short gaiters to keep debris out of boots
- Camera with extra batteries, waterproof bag
- Extra feminine hygiene supplies
- Spare contacts or glasses

*CRMS encourages families to invest in a sleeping bag, pad, and ground tarp. If families are unable to acquire these items we may be able to provide them from our limited inventory. Electronic devices are not allowed on CRMS trips (digital cameras are allowed)