

CSUSB Adventure Hiking Packing List

(Items in **Bold** are available to check out)

Pack and Sleeping:

- Day Pack

Upper Body:

- **Waterproof Jacket**
- Fleece Jacket or Sweatshirt
- Synthetic Long Sleeve Top(s) – Polypro, Capilene, or Polyester
- Cotton or Synthetic Blend Hiking Shirt (Breathable Layer)
- Cotton or Synthetic Camp Shirt (a Clean Shirt to Wear at Camp)
- Sports Bra

Lower Body:

- Nylon Shorts or Light Weight Long Pants/ Cotton or Synthetic Hiking Pants
- **Waterproof Pants**
- Underwear
- Synthetic Long Underwear
- Bathing Suit (if needed)

Feet, Hands, and Head:

- Hiking Boots
- Hiking Socks (No Cotton)
- Wet Shoes or Sport Sandals (if needed)
- Gloves
- Wide Brimmed Shade Hat

Personal Items:

- Headlamp or flashlight
- Sunscreen
- Insect Repellant
- First-Aid Supplies (NSAIDs, Band-Aids, After-Bite, personal medications, blister care)
- 2 Reusable Water Bottles (1 quart)
- Sunglasses
- Trash Bags
- Camera, book, or journal (optional)

Group Equipment that CSUSB Adventure will provide:

- **Expedition First aid Kit**