

Marcy/ Phelps Packing List

Notes on how to pack:

- Your personal gear does not have to be high-tech outdoor garb; just make sure to minimize the amount of cotton materials. Cotton takes a long time to dry should you sweat or get wet. Ultimately, this makes for an unhappy camper!
- Be careful not to over pack. A good backpacker knows what NOT to bring!! Those extra accessories and clothes add up quickly and only weigh you down. We will go through your gear when you get here to help you eliminate any excess.
- Group gear (i.e. tents, stoves, camp soap, water purifiers etc.) will be provided for each crew.

Clothing **NO COTTON:**

- Boots (waterproof)
- Synthetic Socks (3 pair) (**not cotton**)
- Shorts (2 pair; not jeans)
- Synthetic/fleece pants (for the evenings)
- Sandals or light sneakers
- Lightweight Thermal/ fleece jacket
- T-shirt (2)
- Hat/headband
- Waterproof(windproof) jacket
- Underwear (3 pair)
- Garbage bags
- Ziploc bags (not ez-zip)
- Small flashlight/ headlamp
- Water bottles (2+ Liters or 2 Nalgene bottles)
- Toothpaste
- Toothbrush
- Sunscreen
- Bugspray
- Tupperware bowl
- Cup (this can be your bowl if you are adventurous)
- Utensils

Gear:

- Backpack* (must be internal/external frame pack)
- Smaller daypack (for day 3)
- Sleeping bag (up to 30 degrees)
- Sleeping pad (thermarest or ridgerest like)
- Pack Cover

Optional!! Remember oz equals pounds!!:

- Compass
- Waterproof pants
- Bandana
- Gaitors
- Pocket knife
- Camera
- Film

*We understand that you may not have all of the above gear. Don't let this stop you from applying!

Send us an email (to urfoot@gmail.com) with what you need and we might be able to help you out!

Also, our local EMS store rents backpacks and sleeping bags for around \$15-\$20 for a weekend.

The Marketplace Mall
391 Miracle Mile Drive
Rochester, NY

585.272.0090

NY Waterfall Tour Packing List

Notes on how to pack:

- ☆ Your personal gear does not have to be high-tech outdoor garb; just make sure to minimize the amount of cotton materials. Cotton takes a long time to dry should you sweat or get wet. Ultimately, this makes for an unhappy camper!
- ☆ We will be going on day hikes only, so you will not need to bring much gear. However, everything you put in your daypack will add up and weigh you down. A good backpacker knows what NOT to bring! We will go through your gear when you get here and help eliminate any excess.
- ☆ Depending on the weather each day, you can choose what to bring. It is recommended that you hike in boots; sneakers or sandals can be worn at sites, between hiking in and out of the park.

Clothing (Minimal cotton):

- ☆ Hiking boots (preferably waterproof)
- ☆ Synthetic socks (3 pairs)
- ☆ Shorts
- ☆ T-shirts
- ☆ Underwear
- ☆ Bathing suit
- ☆ Towel
- ☆ Hat/headband
- ☆ Lightweight thermal/fleece jacket
- ☆ Windproof rain jacket
- ☆ Sunscreen
- ☆ Insect repellent

Gear:

- ☆ Day pack
- ☆ Water bottles (1-2 Nalgene-sized bottles)
- ☆ Bike helmet???

Optional Items:

- ☆ Sandals or light sneakers
- ☆ Synthetic/fleece pants (in case it gets chilly)