



## Equipment

### Personal Equipment – Trek

- Comfortable backpack (dry bags with shoulder straps are not recommended)

#### **Clothing (store clothing in large Ziploc bags)**

- 1 pair long pants (no cotton or denim – zip offs work great)
- 1 pair shorts
- 1 long sleeve fleece (wool ok, fleece better) no cotton sweatshirts
- 3 pairs underwear
- 1 wool or synthetic hat (warm hat)
- 2 T-shirts (Poly-cotton or synthetic preferred)
- 1 swim suit
- Hat to keep the sun off
- Sturdy rain gear (With a zipper and sleeves – no ponchos)

#### **Footwear**

- 1 pair of ankle supported boots for trail and portages – boots need to be “broken” in prior to the trek.
- 1 pair wet shoes for canoeists (canvas sneakers, aquasocks, or sandals)
- 1 pair lightweight moccasins or sneakers (for around wilderness camp)
- 3 pairs socks (light weight wool or wicking synthetic is best)

- Cotton clothing takes a long time to dry. Synthetics and wool are highly recommended. Blue jeans should be avoided.
- The best clothing for treks is loose-fitting, lightweight synthetic or a cotton/synthetic blend.
- Do not bring soap of any kind on the trail or canoe route. This includes “biodegradable” soaps as well. Please, no glass containers.
- Being on trek is intended as an experience where you “disconnect” from electronics and extraneous noise. Therefore, MP3 players, video games, radios, Scout cell phones, etc... will be left in base camp. You will be just fine without them.
- Do not bring firewood to the Adirondacks. This is a New York State regulation!

### Notes on Footwear

We don't beach our boats! Please plan to get your feet wet with each load/unload. Our Kevlar canoes are amazingly strong only when floating, not resting on the bottom! The budget footwear choice is old sneakers that have exceeded their life span. They have good sturdy ankle support and a sole to protect you from those hidden rocks underwater and on the portage trail. Water socks may not provide any support at all and leave you with feet full of sand or mud. Open-toed sandals like Teva's or Chaco's work well but be wary of toe stubs and underwater rocks. These are great for in camp use with a nice comfy pair of socks at the end of the day! The high-end choice is a pair of water shoes like Keen's, the Teva Dozer or Salomon Tech Amphibian. But the Keen or Teva or Salomon style sandals from Walmart work really well! The bottom line is to bring a pair of shoes that can get wet, dry quickly and are easily paired with some wool/synthetic socks for around camp and day hikes.

### **Other Gear**

- 1 pair gloves for paddling and portages
- 1 eating dish (plastic or light weight metal)
- 1 spoon and fork
- 2 water bottles (at least 1 quart – Nalgene style)
- 1 small toilet kit—No smellables!
- ½ roll toilet tissue
- 1 small towel (dish towel or synthetic)
- 1 small wash cloth
- 50 feet of ¼” cord (parachute cord is good too—and lighter)
- Sun block (especially if you are canoeing)
- Pocketknife
- Matches and/or lighter
- Bug repellent
- 3 large garbage bags (Lawn/contractor bags are sturdiest) to cover pack
- Sleeping bag (good to a temperature of +35 degrees) in waterproof stuff sack or garbage bag (waterproof the seams if necessary)
- Sleeping Pad
- 1 small flashlight or headlamp with new batteries
- Eyeglass Strap (if needed)
- Camera
- Money for the Trading Post