

IU Outdoor Adventures ***Suggested Personal Items****

Sleeping

- Synthetic sleeping bag (rated to 20° F) **
- Sleeping pad **

Clothing

- Water resistant/waterproof jacket **
- Water resistant/waterproof pants
- Long sleeve shirts (synthetic or wool)
- Short sleeve shirts (synthetic, wool)**
- Mid-weight insulating top (synthetic or wool)
- Long pants
- Shorts
- Swimsuit
- Long underwear (preferably synthetic)
- Cap (for sun)
- Hat (for cold)**
- Comfortable trail boots/shoes
- Camp shoes/sandals
- Wool socks**
- Liner socks
- Gaiters**

Eating

- Plate/bowl**
- Eating utensils (spoon and fork)
- 2, 32 oz. water bottles **

Other

- Lip protection
- Sun block
- Sunglasses
- Personal hygiene items
- Bandana/handkerchief
- Personal first aid kit and medications
- Flashlight/headlight **
- Extra batteries
- Pocketknife
- Insect repellent
- Compass**
- Matches/lighter
- Plastic bag(s) (Ziploc)
- Daypack
- Money
- Whistle**
- Camera with film

* Not all items are necessary for all trips. Selection will vary according to climate, season, and trip type and location (e.g. a whitewater trip will necessitate a somewhat different list of personal items than a backpacking trip). ***Please contact your trip leader/instructor or IUOA (855-2231) to clarify appropriate personal gear required for each trip.***

** Item is available for sale or rent from IUOA. Quantities and selection might be limited. Available on a first come first served basis.