



Ram Connect: Adventure Packing List

Equipment Provided by the Outdoor Program

- Sleeping bag
- Sleeping pad
- Trekking poles
- Day pack
- Tents/shelter
- Water purification chemical and/or filter
- Small trowel or shovel
- Collapsible water containers
- All necessary rock climbing equipment
- All necessary whitewater rafting equipment

General First Aid Kit (participants should provide their own basics such as ibuprofen & Band-Aids)

Equipment Students Are Responsible for Bringing

Most clothing should be synthetic materials (quick drying, moisture wicking). Cotton is rarely a good choice for extended time in the backcountry.

- Large duffel for storing personal gear during on-campus Ram Orientation (60-90L)
- Underwear
- Base layers – top & bottoms
- T-shirt(s)
- Shorts
- Swimwear
- Medium weight shirt
- Fleece sweater or equivalent
- Long pants or equivalent (note: you will NOT be allowed to participate in “blue jeans”)
- Down jacket (optional but recommended)
- Waterproof rain jacket (Gore-Tex or equivalent)
- Stocking cap
- Lightweight gloves
- 2 pairs of socks that work with your boots (heavy wool or synthetic)
- Hiking boots or sturdy hiking shoes (lightweight, waterproof)
- Sandals/Chacos/Shoes for camp & rafting
- Sun hat with brim or visor
- Small bowl, mug, spoon
- 2 water bottles (1 liter wide-mouth are best)
- Small headlamp (fresh batteries or bring extra)
- Sunscreen (the stronger the better)
- Sunglasses
- Lip balm with SPF sun protection
- Toothbrush, paste, floss
- Comb or brush (optional)
- Hand sanitizer (small amount)
- Toilet paper
- Period products with plastic Ziploc or coffee bag containers for disposal
- Small towel