EMORY & HENRY COLLEGE

# Summer Adventure Program

**For rising high school Juniors & Seniors**

June 21st – July 2nd, 2014

# Gear List:

## HEAD:

- 1 Fleece Hat
- 1 Baseball Hat
- 2 Bandanas
- 1 Polarized Sunglasses

## UPPER BODY:

- 3 Polyester Long-Sleeve Shirts (Under armor, Patagonia, MT Hardware, etc)
- 2 Short Sleeve Polyester Shirts
- 2 Cotton Short Sleeve Shirts
- 1 Long Sleeve Cotton Shirt
- 2 Tank Tops
- 3 Sports Bras
- 1 Fleece Jacket
- 1 Down/Synthetic Jacket (Optional)
- 1 Rain Jacket*

## LOWER BODY:

- 2 Nylon Shorts
- 1 Non-Cotton Hiking Pants
- 1 Polyester Long Underwear Bottoms
- 1 Jeans/Cotton Pants for down days
- 5 Pair Underwear (Cotton is ok for women, Men's should be synthetic)
- 1 Rain Pants*
- 1 Swim Suit ( girls: 1-piece, tankini, or modest 2-piece)

## Feet/Hand

- 3 Pair Synthetic/Wool Short Socks
- 4 Pair Synthetic/Wool Hiking Socks
- Gaiters(Full Length or Half Length)
- Hiking Boots**
- Hiking Shoes/Trail Runners
- Water Shoes (Chaco or something with a heal strap…NO FLIP FLOPS!!)
- Fleece Gloves

## Other Items:

- Medium to Large Duffel Bag
- *You will need to be able to fit all your clothing and gear in this bag.
- 1 Day Pack/Book Bag(Not a string bag)
- Headlamp w/extra Batteries
- Watch with an alarm
- Sunscreen
- Pack Towel
- Trekking Poles(These can be super helpful when hiking with weight)
- Camp Chair (Crazy Creek, Helinox)
- 3 Liter-Sized Water Bottles
- 1 Laundry Bag for Dirty Clothes
- Extra Pair of Glasses or Contacts if you wear them
- Strap for Prescription Glasses
- Prescription Medication must be in original container
- Camera
- Journal/Letters to write home

*Rain Gear must be bomber. We recommend buying high end jackets from companies like North Face, Patagonia, Mountain Hardware, or Equivalent.

**Footwear is incredibly important. For the Summer Adventure Program each student should have quality hiking shoes, trail runners or lightweight boots mid to high cut. Gortex is not required in shoes/boots. Some acceptable brands are ASOLO, Merrel, OBOZ, and Vasque. If participants are bring boots, It is incredibly important that these boots be broken in before the trip. A good rule of thumb is that the boots should be worn 50-100 miles before the trip. This can be done out on trails or just around town.