



ACADEMY AT SOAR GEAR LIST

(If you have questions about any of this equipment, we have created a Gear Guide in our Parent Handbook that will help you navigate through some of the more technical gear terminology.)

Expedition Equipment:

- ___ 1 internal frame backpack (5,500 - 6,000 cubic inch minimum capacity)
- ___ 1 Backpack rain cover
- ___ 1 dry bag (2500 cubic inch minimum capacity)
- ___ 1 zero degree or below Packable synthetic sleeping bag
- ___ 1 waterproof compression stuff sack for sleeping bag (make sure it fits the Sleeping bag)
- ___ 3 multi-sized compression stuff sacks for clothing and organization
- ___ 1 sleeping pad (Ridge Rest or Thermo Rest Standard pads are highly recommended)
- ___ 1 bowl, one cup, one fork, one spoon (made of plastic or metal)
- ___ 1 laundry bag
- ___ 1 large box of Gallon sized Ziplocs
- ___ 1 large box of Quart sized Ziplocs
- ___ 1 Packet of black sharpie markers

Expedition Clothing:

- ___ 1 expedition-weight polypropylene long underwear top and bottom
- ___ 1 lightweight polypropylene long underwear top and bottom
- ___ 3 pair of quick dry pants (convertible are ok)
- ___ 4 pair quick dry shorts
- ___ 4 quick dry tee shirts (non-cotton)
- ___ 1 balaclava (facial hat)
- ___ 1 synthetic fill puffy winter jacket
- ___ 2 Long sleeve light weight button up synthetic shirts

Expedition Hygiene/Self Care:

- ___ 1 Large Quick Dry Towel
- ___ 1 small Travel sized Toiletry bag
- ___ 1 small Bottle of biodegradable soap
- ___ 1 travel sized toothbrush and full length case
- ___ 1 travel sized hairbrush (for long hair)
- ___ For contact wearers: 1 travel sized bottle of contact solution and case
- ___ For Males: 1 travel sized bottle of Gold bond Powder

General Equipment:

- ___ 1 day pack with waist belt (at least 3,000 cubic inches)
- ___ 2 one quart largemouth water bottles (Nalgene is best)
- ___ Sunglasses
- ___ Whistle with lanyard to wear around neck
- ___ Small headlamp with a L.E.D. bulb & extra batteries
- ___ Watch with alarm

General Clothing:

- ___ 10 pairs of underwear
- ___ 8 pair thick wool or polypropylene socks
- ___ 1 pair of thick wool or pile or fleece pants
- ___ 1 thick wool or pile fleece sweaters
- ___ 3 bathing suits
- ___ 1 belt
- ___ 1 set GoreTex (or similar waterproof breathable material) pants and jacket storm gear
- ___ 1 thick wool, pile or fleece hat
- ___ 1 pair wool or pile or fleece gloves
- ___ 1 waterproof shell mitten structure
- ___ 1 sun/rain hat (a baseball cap is fine if your rain jacket has a hood)

General Footwear:

- ___ 1 pair waterproof hiking boot with flexible un-shanked sole and over the ankle support.
- ___ 1 pair water shoes: closed toed and strapped on...no FLIP FLOPS
- ___ 1 pair lace up running shoes
- ___ 1 pair of Teva/Chaco type sandals

Campus Equipment:

- ___ 1 Foot locker/trunk
- ___ 1 Duffle Bag
- ___ 2 sets single bed sheets (fitted, flat & pillow case)
- ___ 1 single bed comforter or blanket
- ___ 1 pillow
- ___ 1 laundry bag

Campus Clothing:

- ___ 8 pair socks for running
- ___ 2 pairs shorts
- ___ 8 pairs of pants
- ___ 8 tee shirts
- ___ 2 pair of sweatpants
- ___ 2 hooded sweatshirts

Campus Hygiene/Self Care:

- ___ 1 Deodorant
- ___ 2 toothbrushes
- ___ 1 full length toothbrush cover
- ___ 1 tube of toothpaste
- ___ 2 wash cloths
- ___ 3 bath towels
- ___ Razors and shaving supplies, if needed
- ___ Hairbrush
- ___ body wash
- ___ Shampoo & Conditioner
- ___ For Females: Tampons and Pads

****No colognes, hairsprays, or mousses - they smell like food to animals

Optional Items:

- ___ Camera with charger or batteries
- ___ Eye Glasses (Bring an extra pair if you wear prescription glasses)
- ___ Camp Chair (A Crazy Creek type chair or conversion kit for the rest pad is ideal)
- ___ IPODS, PSP and laptops (These items will be handed in at the beginning of the program, and used according to protocols)
- ___ 1 set of mask, fins, and snorkel For Spring Semester
- ___ Spinning fishing rod

ITEMS NOT TO BRING

1. Do not bring any excessive clothes or items not listed
2. Do not bring expensive jewelry or electronics
3. Do not bring a lighter or matches
4. Absolutely no tobacco, alcohol or illegal substances
5. Do not bring a knife.
6. Personal tents, tarps, hammocks, stoves, or water purification kits.