



## GAP YEAR AT SOAR GEAR LIST

### Expedition Equipment:

- 1 internal frame backpack (65L minimum capacity - depending on fit; size with REI)
- 1 Backpack rain cover
- 1 dry bag (36L 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 Thermarest 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:

- 2 expedition-weight polypropylene long underwear top and bottom
- 2 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 lightweight button up synthetic shirts

### Expedition Hygiene/Self Care:

- 1 Large Quick Dry Towel
- 1 small Travel size 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
- Digital watch with alarms

## **General Clothing:**

### 7 Cloth Face Masks

- 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 mitts structure
- 1 sun/rain hat (a baseball cap is fine if your rain jacket has a hood)
- 3 nice outfits for college visits or time in public {no extra needed)

## **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
- 1 pair of winter boots

## **Base Equipment:**

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

## **Base Clothing:**

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

## **Base Hygiene/Self Care:**

- 1 personal oral digital thermometer
- 1 deodorant
- 2 toothbrushes
- 1 full length toothbrush cover
- 1 tube of toothpaste
- 2 washcloths

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 \*\*Very beneficial to take photos in backcountry and international trip\*\*  
Camp Chair (A Crazy Creek type chair or conversion kit for the rest pad is ideal)  
Cell phone, iPod/MP3 player, laptops/tablets **\*will be held until earned through Tier system\***  
Spinning fishing rod/fly rod  
Journal {or purchase upon arrival}  
2 half inch three ring binders with dividers  
3 stuff sacks {help with ex pack organization)  
Personal pocket knife **\*will be held by director until earned through Tier system\***

### **ITEMS NOT TO BRING**

Do not bring any excessive clothes or items not listed  
Do not bring expensive jewelry or electronics  
Do not bring a lighter or matches  
Absolutely no tobacco, alcohol or illegal substances  
Do not bring personal tents, tarps, hammocks, stoves, or water purification kits  
No open flame candles