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