

**EQUIPMENT LIST FOR WHITE MOUNTIAN ORIENTATION TRIP:**  
**OUTDOOR ADVENTURES IN NH**

**Personal Gear**

Rain Jacket and Pants  
Synthetic top, pants and socks  
Bathing suit  
Fleece top  
2 cotton t-shirts  
Sports bras  
Underwear  
Nylon shorts  
Sun hat  
Hiking boots/sneakers  
Closed toed water shoes  
Comfortable shoes around cabin  
Toothbrush, toothpaste, floss  
Lip balm  
Bug spray  
Sunscreen  
2 bath towels  
1 beach towel  
Soap, shampoo, conditioner  
Sleeping bag or twin bed sheets w/comforter  
Journal/pen/pencil  
Day pack  
Water Bottle (2)  
Headlamp/flashlight  
Extra Snacks

**Optional Items**

Wash Cloth  
Hair brush  
Book  
Camera  
Crazy Creek Chair  
Compression sack for sleeping bag  
Trekking poles  
Rain pants  
Warm jacket  
Gaiters  
Bandana  
Ear plugs  
Ear plugs  
Bug head net  
Rain cover for daypack (garbage bag)

**Equipment if you have it and want to bring it:**

PFD  
small dry bag  
climbing shoes  
harness  
helmet  
surfboard  
wetsuit