



# NH Adventures (Loon Lake Cabin) Personal Equipment List

Participant Name: \_\_\_\_\_ Trip Leader's Name: \_\_\_\_\_

**\*Group & activity specific equipment will be provided by the Outdoor Center (i.e. climbing equipment, paddling [surfing] equipment, etc...)**

## Activity focused equipment you have & want to bring:

- Climbing shoes
- Climbing harness
- Climbing helmet
- Compass
- Surf board
- Wetsuit
- Small dry bag
- Crazy creek chair

## Items that can be checked out from the Outdoor Center during WMO check in for NO additional cost:

- Sleeping bag / compression sack / pad
- Crazy creek chair
- Headlamp
- Daypack
- Compass
- Whistle
- 1 quart water bottle (x2)

<p><b>Personal Clothing</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sunglasses</li> <li><input type="checkbox"/> hiking boots ~ broken in before you arrive!</li> <li><input type="checkbox"/> 1 pair of light weight camp shoes</li> <li><input type="checkbox"/> 2-3 pairs of medium weight wool hiking socks, NO Cotton!</li> <li><input type="checkbox"/> Wool / synthetic fleece hat</li> <li><input type="checkbox"/> Swim suit</li> <li><input type="checkbox"/> Synthetic fleece jacket / wool sweater</li> <li><input type="checkbox"/> Synthetic long-sleeve shirt</li> <li><input type="checkbox"/> 2 synthetic t-shirts</li> <li><input type="checkbox"/> Rain jacket &amp; rain pants (wind layer)</li> <li><input type="checkbox"/> Sun hat</li> <li><input type="checkbox"/> 1 pair long pants, loose-fitting, synthetic</li> <li><input type="checkbox"/> 1-2 pairs shorts, loose-fitting, synthetic</li> <li><input type="checkbox"/> Underwear    <input type="checkbox"/> sports bras</li> <li><input type="checkbox"/> 2 Bandannas</li> <li><input type="checkbox"/> closed toed water shoes</li> </ul>	<p><b>Important items</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> sleeping bag or blankets &amp; sheets</li> <li><input type="checkbox"/> Small flashlight (headlamp), extra batteries</li> <li><input type="checkbox"/> 1 quart water bottle (x2)</li> <li><input type="checkbox"/> 3 heavy plastic garbage bags</li> <li><input type="checkbox"/> Leather work gloves</li> </ul>
<p><b>Personal Hygiene items</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Toilet kit (toothbrush, toothpaste, lip balm, sunscreen, bug spray)</li> <li><input type="checkbox"/> Bath towel (x2)</li> <li><input type="checkbox"/> Women - feminine sanitary products</li> <li><input type="checkbox"/> Medications? (allergy, pain, inhaler, etc.)</li> <li><input type="checkbox"/> Glasses / contact lenses</li> </ul>	<p><b>Optional Items</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Camera</li> <li><input type="checkbox"/> Small notebook &amp; pencil</li> </ul>