



Packing List

The following list is thorough and detailed - please read it carefully! Packing for eleven weeks, including several wilderness trips in varying weather, can be challenging. If you have **any** questions, please don't hesitate to reach out. We love talking over outdoor gear!

Outdoor Gear: Required

The following list is **mandatory**. These are the essentials you will need for any outdoor adventure, especially our backpacking and canoeing trips. We spend consecutive days outside rain or shine and the temperatures may drop below freezing, or may be as warm as the 70s or 80s. It is essential to bring wool or synthetic layers - cotton does not wick moisture, and can lead to getting dangerously chilled! [Read this article](#) to learn more about fabric materials for outdoor clothing.

- 5 pairs of wool socks
- 1 pair of long underwear bottoms or leggings (non-cotton)
- 2 fitted long-sleeve shirts (non-cotton)
- 1 midweight long-sleeve shirt, turtleneck, flannel, or zip-neck layer (non-cotton)
- 1 heavy wool or fleece sweater
- 1 pair rain pants
- 1 rain jacket
- 1 puffy winter jacket (down or synthetic fill)
- 1 warm hat (non-cotton)
- 1 baseball cap or sun hat
- 1 pair warm gloves or mittens (water resistant)
- 1 swim suit
- 3 t-shirts or tank tops (at least one synthetic or merino wool)
- 1 pair hiking pants (non-cotton)
- 1 pair hiking boots
- 1 pair sandals with backs that can get wet (Keens, Chacos, Texas, or similar)
- Sleeping bag: rated 0-20 degrees, backpacking style
 - o [How to Choose a Sleeping bag for Backpacking](#)
- Daypack
- Headlamp and extra batteries

- Watch (not a smartwatch)
- Set of travel-sized toiletries: toothbrush, toothpaste, soap

Daily Life Gear: Required

This is the stuff you'll need for life on the farm, in the Gap House, and in daily life. If you are flying and don't have room for bulky items like comforters, towels, and a pillow, we can loan them - just ask!

- Socks and underwear for at least one week. **NOTE:** Most Gappers do laundry once a week, on the weekend.
- Heavy canvas or denim work pants
 - *Carhartt, Dickies, or similar*
- Plenty of clothing layers that can get dirty
- A few nice outfits for town trips and evenings
- Several warm layers: sweatshirts, fleece, wool sweaters, flannels, etc.
- A pair of shoes for farm work. **NOTE:** This can be your hiking boots, but rubber/rainboots are even better.
- Swim suit
- Sleeping clothes

- Battery-powered alarm clock
- 2 Sets of twin-sized sheets
- Pillow
- Comforter and blankets. **NOTE:** It can get chilly at night! We recommend 1-2 blankets and a comforter.
- Laundry bag
- 2 Towels
- Toiletries
- Toiletry caddy
- Prescription medications. **NOTE:** It is easiest if you can bring all the medications you will need for the entire semester. If this isn't possible, we prefer that you arrange for them to be mailed to you.
- 3 Face masks
- Notebook
- Pens and pencils
- Book(s) to read

Outdoor Gear: We Can Loan

Please bring if you have already or if you would like to purchase, but we are able to loan if needed:

- Plastic 1-liter water bottle

- Sleeping pad: inflatable or closed cell foam; 3 - 4 R value. **NOTE:** If you get cold easily, or have trouble sleeping on firm surfaces, we recommend purchasing an inflatable sleeping pad. Glen Brook is only able to loan closed cell foam pads.
 - [How to Choose a Sleeping Pad](#)
- Sleeping bag liner. **NOTE:** If you get cold easily, you may want to purchase a liner. We have some to loan, but this can be a great item to own yourself.
- 1 Backpacking Backpack: internal frame, 60 - 65 liter. **NOTE:** If you are nervous about the weight of a backpack, have never backpacked before, or have any physical limitations, you may want to purchase your own backpack. Glen Brook has standard-sized backpacks that may not be the most comfortable for all bodies.
 - [How to Choose a Backpack](#)
- Lightweight mess kit or plastic container with lid
- Lightweight spoon or spork
- Pocket knife
 - *Mora* and *Opinel* are great brands if you would like to purchase your own

Daily Life Gear: Not Necessary But Nice

- Snow pants. **NOTE:** We may get one or two snowfalls before the end of the semester. Snow pants are also great for our base camping trip in November, as extra insulation.
- Musical instrument
- Board games
- Art and craft supplies
- Small decorations for your room
- Personal exercise/fitness equipment: yoga mat, running shoes, etc.
- Slippers
- Personal snacks in a mouse proof plastic bin. **NOTE:** Each Gapper has their own shelf for personal snacks. If you have specific things you would like to eat, like fancy coffee, energy bars, etc., you will have an opportunity to buy them on weekend town trips.
- Outdoor blanket for lounging on the meadow and wrapping up around the fire
- Bike and helmet. **NOTE:** Glen Brook has some loaner bikes, if you would like to explore the local roads or ride down to the general store. You are also welcome to bring your own bike.

Outdoor Gear: Not Necessary But Nice

We do not loan the following items, but they can be great to have!

- Ultralight backpacking pillow
- Backpacker's chair
 - Crazy Creek* style is best.
- Lightweight mug or insulated water bottle for hot drinks
- Trekking poles
- Quick-dry, lightweight small towel

- Solar or battery powered lantern or string lights
- Fleece pants. **NOTE:** These can be really cozy on a cold night out on the trail!
- Fleece or wool scarf or neck warmer
- Personal backpacking tent. **NOTE:** You do not need to buy or bring a tent, but if you already own a tent you like, you're welcome to bring it. Tents on all trips are shared, and you will have the opportunity to let us know if there is a gender identity you feel most comfortable sharing with.

Sourcing Outdoor Gear

We get it - this gear can get expensive! We want to help you source what you need as easily and affordably as possible. And, if you do have the means to invest in some high quality gear, many of these items can last a decade, if not a lifetime - and you'll be set up for more adventures in the future.

The following are some great outdoor distributors for all your camping needs. Many of them also offer free outfitter services where you can work one-on-one with a specialist; you can schedule on their website:

[REI](#), [Campmor](#), [EMS](#), [Decathlon](#), [Backcountry](#)

Here are some high-quality brands that we like, to give you an idea of what to look for:

[Columbia](#), [Smartwool](#), [Patagonia](#), [Big Agnes](#), [Mountain Hardwear](#), [Fjallraven](#), [The North Face](#), [Osprey](#), [Dueter](#), [Camelbak](#), [Oboz](#), [Merrell](#), [Lowa](#), [LaSportiva](#)

Ideas for affordable gear:

- This [Gear Price Comparison Tool](#) is great for finding the best deals.
- The key to finding gear is the material. Wool, Fleece, Synthetic, Down, Waterproof or GORE-TEX are all materials to keep an eye out for. Often, you can find wool and fleece pieces at many thrift stores.
- [GearTrade](#), [REI Used Gear](#), and [Sierra](#) are great places to find used and discounted gear online.
- Don't overlook basic athletic clothes. You might already have most of what you need in your closet! Yoga leggings, joggers, and synthetic tees for the gym can be great.

If you're unsure of what to get or where to get it, or if cost is a barrier to you purchasing outdoor gear, just reach out - we're here to help!