

The Experiential Education Department can lend students all technical equipment from the list (see below). All students' equipment will be checked prior to trip departure and any missing items can be borrowed from Ex Ed, at that time. **No prior reservations are needed** to borrow gear. Since we will be carrying everything we need with us, we want to eliminate all unnecessary gear, so please only pack what is on the list.

Items You Can Borrow from Ex Ed <span style="float: right;">**Any variations for the Bikepacking trips are notes below.**</span>			
Packed	Item	#	Description
	Backpackers: Multi-Day Backpack <i>Bikepacking: Day pack</i>	1	Large internal frame pack with a padded hip belt that properly fits. Min. 80 L. We have excellent packs to lend.
	Sleeping Bag	1	Synthetic mummy bag rated in the 10-20 degree range is best
	Sleeping Pad	1	An insulated pad to sleep on (Thermarest or Ensolite are best)
	Rain Coat	1	Zippered rain coat (no ponchos). Look for "coated nylon" rather than vinyl (vinyl easily rips)
	Rain Pants	1	
	Long Underwear Top	2	Must be wool or synthetic. Cotton is inadequate because it does not retain its insulating value when wet
	Long Underwear Pants	1	
	Fleece Pants (Spring trips)	1	Expedition weight long underwear bottoms can also work.
	Warm Layers	2-3	<b>Fleece, wool sweaters, or down/synthetic jackets</b> -no cotton
	Warm Hat	1	Winter style warm hat
	Baseball Hat	1	Baseball hat or brimmed hat. No visors
	Mittens or Gloves	1	Fleece or ski gloves are best, depending on time of year
	Hiking Boots (not needed for bikepacking)	1	Comfortable, well fitted, broken in boots with ankle support. Water resistant leather or leather/fabric combination works well
	Non Cotton Hiking Socks	4	Mid-calf socks (no "short ankle" socks). Avoid cotton blends (synthetic is best). At least 1 pair should be extra thick to wear at night
	Water Bottles  <i>Bikepacking: easy to use water bottle</i>	2  1	<b>Students must carry 2 full liters of water.</b> Camelback-style hydration bladders often leak and break so we encourage you to bring "Nalgene" style or metal water bottles (for boiling water). No disposable plastic bottles allowed.
	Whistle on a String	1	To be worn around the neck for risk management
ITEMS YOU NEED TO BRING FROM HOME			
Packed	Item	#	Description
	<i>Bikepackers: Chamois shorts</i>	1	Padded short liners
	<i>Bikepackers: extra tube</i>	1	Sized for your bike
	Backpackers: Running Shoes <i>Bikepacking: low-top hikers or sturdy trail runners</i>	1	To wear in camp (light sneakers work well)
	Athletic Pants	1	1 pair, loose fitting, non cotton (nylon hiking pants or warm-up pants are best)
	Shorts	1	Athletic shorts (non cotton)
	T-shirts	2	Preferably synthetic materials
	Underwear	4	Synthetic blends are best
	Toiletries	1	<ul style="list-style-type: none"> <li>● Travel sized Toothpaste</li> <li>● Small mosquito repellent (August, September trips)</li> <li>● Toothbrush</li> <li>● Travel size sunscreen</li> <li>● Lipbalm</li> </ul> <i>(no moisturizers, makeup, deodorants, etc. as these attract animals)</i>
	Flashlight/headlamp	1	Small handheld flashlight or headlamp (best option) with new batteries
	Sunglasses	1	Inexpensive
	Bandana	1	Cotton is fine
	Bowl	1	Plastic, lightweight, or a small Tupperware with lid works well
	Spoon	1	Durable plastic is best
	Mug	1	Small lightweight cup or small mug
	Garbage Bags	2	Heavy weight yard style (for waterproofing of clothes and sleeping bag)
	Ziplocks	2; 1	Quart sized; Gallon for cup and bowl
	Small Folding Knife	1	(Optional) Swiss Army Knife, Leatherman, or small pen knife- <b>must be approved by trip leader prior to trip departure. Cannot be used until knife safety lesson has been taught</b>
	Camera	1	(Optional). Cannot be a phone/ipod (see below)
	Deck of Cards	1	(Optional)
	Reading book	1	(Optional) Lightweight paperback
	Sanitary Supplies		<b>Girls-</b> Please bring a minimum 24-hour supply of sanitary supplies and more if you expect your period. Also bring a couple additional small ziplocks and a non-see through case to carry them all in. <i>You may also bring a small packet of baby wipes</i>

	Prescription Meds	As needed. Make sure current on Magnus
	<b>Over the Counter Meds:</b> Tylenol, Ibuprofen, Pepto, and Advil are carried in leader's first aid kits and should <b>NOT be brought</b> by students (and can be requested as needed). Over the counter meds not included in this list should be treated as Prescription Meds (see above)	
<b>DO NOT bring:</b> Food, gum, or candy, Electronics (ipods, cell phones, games), money, or lighters/matches		

Please note that **cell phones are NOT allowed** on any Ex Ed trips (even as cameras). Our trips provide a very rare opportunity for students to disconnect electronically and cell phones can create exclusionary behavior, even in vehicles. Students who are caught with cell phones will have them confiscated for the duration of the trip and will receive a detention from Division Heads upon return to school.