

# BACKPACKING (OLD LOGGERS TRAIL)

## Clothing Essentials

- 1 - Rain Jacket!!! (The most important piece of clothing! Make sure it really keeps the water out!)
- 1 - Rain Pants!!! (The 2nd most important piece of clothing! Make sure it really keeps the water out!)
- 1 - Pair of Broken in Hiking Boots or Trail Shoes
- 1 - Pair of Sandals or Sneakers (for night time....your feet will thank you)
- 2 - Pair of Athletic Shorts
- 2 - Athletic Shirts
- 1 - Athletic Long Sleeve Shirt (for bugs... your arms will thank you)
- 3 - Pairs of Wool Socks
- Underwear and Sports Bras (amount is up to you, but pack very light)
- 1 - Pair of "Quick Dry" Pants (like warm up pants)
- 1 - Lightweight Fleece Pullover/Sweatshirt Type Style (non-cotton is best)
- 1 - Hat/Visor for Sun

## Non-Clothing Essentials

- 2 - 32 oz. Nalgene bottles (this is more important than you think)
- Plastic Bowl, Cup, with Eating Utensils ("sporks" work really well)
- Toothbrush & Toothpaste
- A Few Extra Snacks (5-6 bars that you enjoy, granola bars etc.)
- Medicine as needed
- Feminine Products as Needed (even if you are not on your cycle please bring some)
- ID and Insurance Card
- 1 - Soft Sided Duffel Bag (to pack it all in of course, make sure it all fits in, unless you are bringing your own backpacking backpack then pack it all in there)

## Non-Essentials You May Wish to Bring... (this is not an exhaustive list...)

- Bandanna
- Bathing Suit & Small Quick Dry Towel
- Camera w/extra SD Card and Batteries
- Money for Stops on the Way There and Back
- Bug Spray (30% DEET minimum works best)
- Sunscreen (sweat proof)

- Chapstick (can be a life-saver if you struggle with chapped lips)
- Sunglasses
- Brush or Comb
- Several 1 Gallon Ziploc Bags
- Watch with an Alarm
- Journal and Writing Utensil
- Travel Pack of UNSCENTED Baby Wipes (Unscented because of animal attraction)
- Trekking Poles

## Essentials Bucknell Provides as per Requested by Student on Google Form over the Summer (But You May Bring if You Have Your Own)

- Backpack (65+Liter)
- Sleeping Bag (easily packable)
- Sleeping Bag liner (if you use one of Bucknell's bags, you have to take a liner and use it)(we'll explain)
- Sleeping Pad
- Headlamps for Getting Around at Night

\*Disclaimer: If you bring your own items, make sure it is light-weight and packable. It should all fit in your duffel bag or backpack that you bring.

## ITEMS NOT ALLOWED

- NO Cell Phones, IPODS, MP3 Player or ANY technology-based entertainment
- NO WEAPONS
- NO Drugs, Alcohol, or Tobacco Products
- NO Glass items (they can and will break)
- NO Cotton Materials (they will not dry. Pack quick-dry, lightweight synthetics materials only)
- NOTHING SCENTED because of Wild Animals, Bears, Rodents, etc., and Because it Attracts Bugs (NO deodorant, make up, lotion, etc.)
- NO New Hiking Boots (UNLESS broken in)