

RICKETTS GLEN STATE PARK BASECAMP

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 - Pairs of Athletic Shorts
- 1 - Bathing suit/swimsuit
- 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
- Flashlight
- 1 - Soft Sided Duffel Bag (to pack it all in of course, make sure it all fits in)
- 1- Small to medium day pack (pack your supplies you need for the day while hiking, at the challenge course, or paddling)

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

- Bandanna
- 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)

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

- 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

*Disclaimer: If you bring your own items, make sure it is lightweight and packable. It should all fit in your duffel bag.

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, makeup, lotion, etc.)
- NO New Hiking Boots (UNLESS broken in)