

## ASCENT PACKING LIST

**Clothing:** We recommend that all clothing that you wear on the trip is synthetic or wool material, which is designed to “wick” moisture away from the skin. Athletic (synthetic) clothing from a larger department store or thrift store is totally fine!

**Shoes/Boots:** We recommend that all footwear is well broken in prior to your trip. You should walk at home/locally in your shoes/boots before hitting a trail with a backpack. If not, you increase the chances for discomfort from blisters. These shoes should be comfortable for you to walk in for several miles over rocky and muddy terrain.

**Pack weight:** We strive to keep pack weight to a minimum knowing that everyone shares the weight of group gear and food. We ask that you minimize pack weight by taking only what we recommend, use travel-sized toiletries, and select compact clothing, sleeping bags, etc.

One goal of Ascent is for it to be accessible to students who are new to this type of experience. If you are feeling like you may need to purchase many of these items, reach out to [ahisnani@gettysburg.edu](mailto:ahisnani@gettysburg.edu) prior to purchase. There are many creative ways to achieve this packing list.

(\*) indicates that this item can be rented from the GLC for Ascent at no additional cost.

Item	Quantity	Comments	Check
Day pack (for multi-sport participants)	1	small backpack, 20-30 liter capacity, ie: school backpack	
Backpack* (for backpacking participants)	1	50-70 liter capacity	
Sleeping bag*	1	20 - 35 degree, synthetic	
Sleeping pad*	1	foam	
Headlamp*	1	Bring 4 AAA batteries	
Rain coat*	1	Waterproof, not water-resistant	
Rain pants*	1	Waterproof, not water-resistant	

Item	Quantity	Comments	Check
Base layer (Lightweight short or long sleeve)	2	Synthetic or wool	
Secondary layer (light-weight top/fleece pullover)	1	Synthetic or wool	
Top insulating layer (Mid-weight fleece or light down jacket)	1	Synthetic or wool	

T-shirts	1-2	Synthetic preferred, if cotton, add 2	
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Item	Quantity	Comments	Check
Base layer (lightweight)	1	Synthetic, wool (athletic leggings work well)	
Pants	1	Synthetic	
Shorts	1	Synthetic	
Underwear	2-4	Synthetic or cotton	

Item	Quantity	Comments	Check
Socks	3-4	Wool or synthetic	
Hiking shoes	1	Comfortable to walk in for several miles over rocky and muddy terrain	
Water shoes (for multi-sport participants)	1	Shoes that attach securely to your feet, closed-toe, and can get wet	
Camp shoes	1	Comfortable shoes to wear around camp. These must be closed-toe, and have a heel strap	

Item	Quantity	Comments	Check
Hat (sun)	1	Baseball cap, visor, or full-brimmed hat	
Hat (warm)	1	Synthetic or wool, beanie style	
Sunglasses and tether	1	optional	

Item	Quantity	Comments	Check
Trash bag	1	Heavy-duty	
Bowl	1	Plastic, reusable, Tupperware with a lid works great	
Spoon	1	Reusable, non-breakable	
Mug or cup with a handle	1	Insulated, non-breakable	
Water bottle*	2	reusable	

Toiletries	As needed	Toothbrush, toothpaste, contacts and glasses (tether for glasses), pads/tampons/menstrual cup	
Lip balm	1		
Sunscreen & bug spray	1		
<b>Medications and insurance card</b>	<b>As needed</b>	<b>Please note any emergency medications on your health form (rescue inhaler, epi-pen)</b>	
Pocket knife	1	Small, optional	
Bandana	1		
Book	1	Paperback, optional	
Journal	1	Optional	
Camera	1	Optional	