

CSUSB Adventure Hiking Packing List

Pack and Sleeping:

- Day Pack

Upper Body:

- Waterproof Jacket or Windbreaker
- Fleece Jacket or Sweatshirt
- Synthetic Long Sleeve Top(s) – Polypro, Capilene, or Polyester
- Cotton or Synthetic Blend Hiking Shirt (Breathable Layer)
- Cotton or Synthetic Camp Shirt (a Clean Shirt to Wear at Camp)
- Sports Bra

Lower Body:

- Nylon Shorts or Light Weight Long Pants/ Cotton or Synthetic Hiking Pants
- Waterproof Pants (optional)
- Underwear
- Synthetic Long Underwear

Feet, Hands, and Head:

- Hiking Boots
- Hiking Socks (No Cotton)
- Wide Brimmed Shade Hat

Personal Items:

- Sunscreen
- Insect Repellant
- First-Aid Supplies (NSAIDs, Band-Aids, After-Bite, personal medications, blister care)
- 2 Reusable Water Bottles (1 quart)
- Sunglasses
- Trash Bags
- Camera, book, or journal (optional)