CSUSB Adventure Hiking Packing List
(Items in **Bold** are available to check out)

**Pack and Sleeping:**
- Day Pack

**Upper Body:**
- **Waterproof Jacket**
- 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**
- Underwear
- Synthetic Long Underwear
- Bathing Suit (if needed)

**Feet, Hands, and Head:**
- Hiking Boots
- Hiking Socks (No Cotton)
- Wet Shoes or Sport Sandals (if needed)
- Gloves
- 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)

**Group Equipment that CSUSB Adventure will provide:**
- Expedition First Aid Kit