

# CSUSB Adventure Hiking Packing List

## Pack and Sleeping:

- Day Pack

## Upper Body:

- Waterproof Jacket (optional)
- 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 or sturdy shoes
- Hiking Socks (No Cotton)
- Work Gloves
- Wide Brimmed Shade Hat
- Face Covering

## Personal Items:

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