

Vermont Wilderness School: Recommended Clothing and Equipment List Fall Rendezvous

Footwear

Socks	(3) Pair medium-heavy weight synthetic or wool
Hiking boots	Waterproof, and ankle high (sturdy sneakers are a poor second choice).

Clothing

Bring EARTH-TONED clothing that you don't mind getting dirty!

We don't have the option of going inside, so our clothing needs to keep us warm. It is essential to have good raingear, waterproof boots, a warm hat, and non-cotton insulating layers to avoid being cold and uncomfortable and to prevent dangerous chilling (hypothermia).

Cotton loses all insulating value when wet.

Long Underwear	Top and bottom. Synthetic, wool or silk is preferred.
Warm Pants	Wool pants (available from army surplus stores). Cotton with a water proof or water resistant rain pants will do.
Layers for Torso	Wool or fleece sweater, shirt, etc. Note: wool or synthetic is preferred over cotton or 50/50. Make sure 2 layers can fit over each other.
Warm Hat	Wool or synthetic.
Jacket	A warm jacket, down coat, etc.
Underwear	Enough for a 7 night program (keep in mind you may hear scary stories)
Swim trunks	It's only September!
Rain gear	Rain jacket or poncho.

Packs/Sleeping Gear

Sleeping bag	Rated to at least 30°F.
Backpack or Duffel	To organize your gear.
Day pack	For excursions.

Miscellaneous

Flashlight	One flashlight per person.
Knife	Locking blade or sheathed (preferred), sturdy with about a 3-4" blade.
Water bottle	Quart sized for longer excursions from camp
Toiletries/Towel	Toothbrush & toothpaste and whatever other toiletries you may need
Pencil or pen	Black or blue-colored
Small notebook	Pocket journal