



## Gear List for Day Hiking Trips

Please dress appropriately for this trip. Make sure to **bring** everything listed below to ensure a comfortable and successful trip! Most equipment can be rented in Burdick 122.

Many items listed below are available for rent in the Outdoor Trip Center in Burdick Hall for a small refundable deposit. Visit our website to see what is available for rent. Please come in and rent equipment **before** the date of your trip.

### Outdoor Trip Center

Burdick Hall Room 122

Mon – Thurs 6:00 – 9:00 pm

Fri 12:00 – 3:00 pm

(410) 704-4438

### Required

- One pair of sneakers, day hikers or boots
- Medications (for allergies, stings, etc.)  
**You must inform us if you take medication.**
- Sun-block
- Daypack or small Backpack

### Necessary Equipment

- 1-2 quarts of water (Nalgens preferred)
- Whistle for signaling
- Flashlight or headlamp  
(bring extra batteries and a spare bulb)
- Bagged Lunch

### Necessary Clothing

In addition to what you wear on the trip, please bring these additional clothing items:

- One hooded rain jacket or poncho
- One fleece jacket

### Optional, yet Recommended

- Camera
- Camel Back
- Hat
- Snacks
- Sunglasses

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### Why Synthetic is Best

When the weather turns bad, **synthetic** works great!

Cotton (not synthetic) absorbs and holds moisture, takes a LONG time to dry & doesn't keep you warm when wet!

**Fleece** continues to insulate when wet & dries quickly!

**Polypropylene** repels moisture and keeps you warm!

**Wool** insulates extremely well & does not absorb moisture!

**Nylon** is windproof, waterproof and resists abrasion!

Layering is important!! Be sure to keep warm!!

### Why We Prefer Nalgene's!

Nalgene's are preferred because they are:

Sturdy

Reliable

Economical

Resistant to staining

High impact resistance (virtually unbreakable!)

Won't retain odors

Withstands sub-freezing to boiling temperatures

Other water bottles don't have **ALL** these qualities

It is not necessary for you to purchase a lot of expensive equipment; many items listed on the other side, you may already own. Items that you choose to purchase may be available at low cost from mail order suppliers or your local outdoor specialty shop. If you would like advice on equipment substitutions, please give us a call. Our major concern is that all participants have appropriate equipment for a safe and comfortable experience.

Please leave jewelry, watches, portable radios/CD players, cell phones, iPods and other non-essentials at home.

**These requirements are for the safety and comfort of participants. Adventure Pursuits reserves the right to refuse involvement in the program to anyone not properly equipped.**

***Alcohol, tobacco, and unnecessary drugs  
will not be tolerated on any trips led by Adventure Pursuits.  
If you have such items, do not bring them!***

[www.towson.edu/adventure](http://www.towson.edu/adventure)

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