



Gear List for Weekend Trips

Specific equipment will be provided to you by the trips program if needed. Please dress & pack appropriately for this trip. Make sure to bring everything listed below to ensure a comfortable and successful biking trip!

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
- Medications (for allergies, stings, etc.)
You must inform us if you take medication.
- Sun-block
- Medium duffel bag

Necessary Equipment

- Personal bicycle
- Helmet (may be rented)
- 3-4 quarts of water (Nalgene preferred)
- Sleeping bag
- Sleeping pad
- One plastic bowl
- One spoon (not plastic)
- One knife
- One drinking cup or insulated mug
- One flashlight or headlamp
(bring extra batteries and a spare bulb)
- One bandana
- Matches or lighter
- Three 30-gallon trash bags

- Whistle for signaling

Necessary Clothing

- Two tee shirts (Preferably synthetic)
- One pair of pants (Preferably synthetic)
- One pair of shorts (Preferably synthetic)
- Raingear (top & bottom)
- One fleece jacket
- Long underwear pants (Preferably synthetic)
- Long underwear shirt (Preferably synthetic)
- Two pairs of hiking socks (synthetic)

Optional, yet Recommended

- Camera & Film
- Crazy creek
- Journal & Pen
- Deck of cards
- Favorite snack food
- Sandals
- Hat
- Camel Back
- Sunglasses

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
