



ADIRONDACK EXPEDITION PACKING GUIDE

READ THIS DOCUMENT COMPLETELY BEFORE YOU SHOP!

MANY QUESTIONS YOU MAY HAVE CAN BE ANSWERED IN THIS DOCUMENT.

EQUIPMENT PHILOSOPHY

The focus of La Vida Expeditions is on the inner person and living simply, so equipment should be functional, dependable and as lightweight as possible. The focus is not on what you look like, smell like or how greasy your hair gets, instead it's on your contributions to the group in terms of character, gifts, faith, commitment, etc. Remember, groups carry or paddle all their personal and group equipment.

USE OF OWN GEAR

Students may bring and use their own gear while on an Expedition if they wish; however, the quality of the gear must be equal to or better than the equipment La Vida issues. It must fit well and be in good condition. The wilderness is not the place to experiment with untested or low-quality gear. La Vida reserves the right to require the use of La Vida gear over a student's personal gear if we feel something does not meet the appropriate standards.

LABEL PERSONAL ITEMS BEFORE YOUR TRIP

Label belongings with your first and last name before you pack the items in a duffel bag or garbage bag. Labeling your personal items allows the La Vida office to get your gear back to you if lost.

WHERE TO SHOP

If you would like to purchase some outdoor gear, Decathlon often has some of the best prices and is fairly high quality. We recommend exploring various options for discounted outdoor gear such as Sierra Trading Post, REI "Garage Sales", thrift stores, Facebook Marketplace, and Craigslist. Remember that we do offer a lot of gear to rent or borrow from the equipment building at base camp.

A photograph showing a woman in the foreground wearing a large, dark-colored backpack and a white t-shirt, looking down. In the background, a man with curly hair, wearing a yellow t-shirt, is sitting at a desk and looking at a laptop. The setting appears to be an office or a gear room.

GEAR LA VIDA BASE CAMP PROVIDES

EQUIPMENT SECURITY DEPOSIT

Each student checking out La Vida gear pays a \$20 cash equipment deposit the first night of the trip during gear check out. If all equipment is returned in satisfactory condition, the deposit will be returned before the group returns to Gordon from La Vida's Base Camp. The cost of any lost/damaged/rented individual or group equipment will be taken out of this deposit.

Gear provided: In addition to cooking and eating supplies, La Vida also provides the following personal gear items that **do not need to be reserved in advance**:

- **Sleeping bag** with stuff sack: A three-season synthetic fill bag, rated for 25°–35° Fahrenheit (15°–20° for May), with a nylon stuff sack for storage.
- **Sleeping pad:** A full-length 1/2-inch-thick foam ground pad.
- **Backpack/Canoe Pack:** An internal frame pack, 70-85 liters, for backpacking or a waterproof backpack for canoe patrols.
- **Bug net:** Nylon with no-see-um proof netting.
- **Emergency whistle:** with high-decibel sound.
- **Sleep Systems:** Tarps, Tents (2-4) or Hammocks

Optional gear provided: Fleece clothing or boots may be borrowed for a \$2 cleaning fee. Rain Jackets or pants include a \$3 cleaning fee. Water bottles have a \$1 cleaning fee per bottle. All fees are deducted from the security deposit.

- **Fleece Jackets & Pants:** An important warm, lightweight, and space efficient layer for layering up at night
- **Boots:** A necessity when traveling over difficult terrain and keeping your feet dry
- **Rain jacket:** Important for staying dry & warm in the wet climate of the Adirondacks
- **2 sturdy water bottles**, like a Nalgene (32 oz.): They're durable, leak-proof, easy to carry, high capacity, and temperature resistant

What Not to Bring

Shampoo, deodorant, make up, cotton clothing, sheath knife, hatchet, watches, electronic devices or other valuables.

Cell Phones

Cell phones may be used during transportation to and from La Vida's Base Camp but will be collected upon arrival and left at Base Camp throughout the expedition. Phones will be returned before you depart on the last day of the trip. If you typically use your phone as your camera, please bring an actual camera instead.

LA VIDA EXPEDITION EQUIPMENT LIST

Use this as a checklist and a guide as you pack for your La Vida Expedition. Some items below may be borrowed from La Vida on the first day of the trip.

Weather: Be prepared for a wide range of weather conditions. The temperatures can vary substantially in different summer months:

- In May, there may be snow at higher elevations, and temperatures can range from the teens at night to the 70s during the day
- from June through August, they can range from the 30s at night to the 80s during the day.

In addition to the items you pack, you will carry some shared group equipment and up to eight days of food. Keep this in mind as you pack your personal items. Your leaders will ensure that you have all the needed equipment before your expedition begins.

Feet

- ___ 1 pair hiking boots that have plenty of ankle support
- ___ 1 pair running shoes for the final run
- ___ 1 pair camp shoes (old running shoes, Crocs, Chacos, Tevas, etc.)
- ___ 3 pairs wool, polypropylene, or Merino wool socks

Lower Body

- ___ 3-5 pairs underwear
- ___ 1 pair hiking pants (no jeans)
- ___ 1 pair hiking/athletic shorts
- ___ 1 pair warm, wool or fleece pants (no pjs)
- ___ 1 pair long underwear or leggings bottoms

Upper Body

- ___ 3 base layer shirts (polyester or non/cotton blend t-shirts)
- ___ 1 mid-layer shirt (long-sleeved long underwear or light wool top or fleece)
- ___ 1 insulating layer (thicker/warmer fleece or puffy jacket)
- ___ 1 raincoat

Hands and Head

- ___ 1 wool or fleece cap that covers the ears
- ___ 1 pair wool or fleece gloves or mittens

Toiletries

- ___ Travel-sized toothbrush/paste
- ___ Any medication prescribed by a doctor (must be in the original container with prescription label and will be carried in the first-aid kit and dispensed by instructors)
- ___ Epi-Pen if any possibility of having an allergic reaction to stings or food products

Miscellaneous Gear

- ___ \$20 cash for equipment deposit
- ___ Money for food during travel to and from New York Base Camp
- ___ ID and Insurance Card
- ___ 2 sturdy water bottles, like a Nalgene (32 oz.)
- ___ 1 small flashlight or headlamp and extra batteries
- ___ 1 small, durable Bible containing both Old and New Testaments
- ___ 2 pens or pencils
- ___ 1 pair of travel clothes

Optional (see next page for more info)

- ___ 3 pairs sock liners
- ___ Sunglasses
- ___ Bandana
- ___ Baseball cap
- ___ 1 pair rain pants
- ___ 1 small bottle of insect repellent (below 35% DEET, no aerosol spray cans)
- ___ 1 travel-sized hand sanitizer
- ___ Travel-sized Sunblock (SPF 30 or higher)
- ___ SPF lip balm
- ___ 15-25 individual non-scented wipes

- ___ 5 - 8 gallon-sized ZIPLOCK bags
- ___ 5 - 8 quart-sized ZIPLOCK bags
- ___ 1 40-50 gallon plastic contractor bag*

- ___ Drawstring-style backpack (useful for day hikes)
- ___ Camp chair ("Crazy Creek" or "A-lite" styles recommended)

Canoe Items Needed

Everyone on a canoe group should consider bringing these additional items:

- ___ 1 pair water shoes or sandals for walking in water (replacement for camp shoes)
- ___ Quick-drying shorts and shirt (nylon, polyester or cotton/nylon blend)

Pro Tips

- You may want to bring a set of clothes for traveling to and from Base Camp. You can change once at Base Camp into your expedition clothes
- It is normal and expected to wear clothes (such as a shirt or shorts) for multiple days. You only need 2-3 shirts or pants/shorts for your expedition.
- A good beanie can keep you very warm when the sun sets and it starts to feel colder.

ADDITIONAL EQUIPMENT NOTES

Hiking boots:

Boots are one of the most important pieces of equipment you will bring. The fit is very important! For mountain hiking groups, boots should extend above the ankle and be either leather/fabric or all-leather. Boots should be waterproofed and fit comfortably with two pairs of socks (a light synthetic liner sock and a heavy wool sock).

Pro Tip: Make sure boots are broken in before you arrive; otherwise, you are prone to chafing and blisters. Walk at least 6 miles in the boots before your trip.

Socks and sock liners:

One way to avoid getting blisters is to treat your socks as two distinct layers. Wearing a lightweight synthetic liner sock against your foot, helps pull moisture away. On top of this you should wear a wool/nylon-blend hiking sock. Since wool doesn't absorb water, it passes the moisture from your foot outwards, keeping your feet dryer. If feet stay damp, they are more prone to blisters. Having two sock layers means your socks will slide against each other so the friction from your boots is between the sock layers, not against your skin. Friction against your skin can also cause blisters. *You can purchase Sock Liners during Gear Check out at La Vida Base Camp.*

Pro tip: buying good hiking socks can go a long way in your expedition and in life. Especially New England winters.

Running shoes, sneakers:

Bring athletic shoes for the final run. If desired, bring camp shoes or sturdy outdoor sandals for walking around camp. Chacos, Tevas, and Crocs are good options, except for carrying canoes or cooking because they don't give sufficient protection.

Sleeping bags:

A three-season synthetic fill bag is best for a La Vida Expedition. We do not recommend goose-down bags. Sleeping bags should have a nylon shell both inside and outside. Lining your stuff sack with a sturdy plastic bag will give you added protection from water. Bags should be rated for 25°–35° F (15°–20° for May).

Sleeping pads:

Full length 3/8–1/2-inch-thick closed cell Ensolite or inflatable Thermarest TM type pads are great. They provide both padding and insulation from the ground.

Rain jacket:

A wide selection of decent rain jackets are available from most outdoor stores. Avoid rubberized or canvas jackets; they are too heavy and will make you hot and sweaty. Avoid plastic raincoats/suits; they are too weak and will tear.

Pro tip: buying a good rain jacket can go a long way in expeditions and in life

Insect repellent:

Repellents with high concentrations of DEET may be hazardous to your health! Choose products with no more than 35 percent DEET, or use a non-DEET repellent. Do not bring aerosol cans because they are an explosion risk when exposed to hot sunlight or flames.

Non-scented wipes

Wipes help maintain personal cleanliness while in the wilderness and also assist with hygiene. They can be very helpful for removing the dust of the trail and the worst of the smelly bacteria, but keep in mind that everything you pack in also gets packed out.

40-50-gallon plastic contractor bag

A method of waterproofing backpacks and organizing gear for expeditions. *You can purchase a contractor bag during Gear Check out at La Vida Base Camp.*

ZIPLOCK bags

These are great for organizing your clothing, equipment, and books while also keeping them dry

Backpack or internal canoe pack:

Packs should have padded shoulder straps and a hip belt. Internal frame packs should be 70-85 liters and may be used for mountain or canoe patrols. Be sure your pack fits well and all straps and zippers work.

Drawstring-style backpack

Highly compactable while also being able to carry gear for daylong excursions when the backpack is not needed. *You can purchase a drawstring-style backpack during Gear Check out at La Vida Base Camp*

Glasses or Contacts

Bring an extra pair of glasses to serve as a back-up to the pair you wear routinely. If you plan to bring contacts, pack an extra pair and plenty of solution.

Sunglasses:

Dark polarized lenses with a lanyard are suggested.

FABRICS AND LAYERING GUIDE

FABRICS:

Do not bring any clothing or gear that is 100% cotton. When cotton gets wet, it stays wet and does not keep you warm. Check labels and choose fabrics with a high percent synthetic (polyester, fleece, polypropylene, nylon) or wool. Many synthetics absorb little or no water and they wick moisture away from the body and insulate even when wet.

LAYERING

is the key to regulating your body temperature while on a La Vida expedition. By dressing in layers you will be prepared to adapt to the changing weather of the Adirondack Mountains.

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- 4. Rain Jacket
 - 3. Insulating Layer
 - 2. Mid Layer
 - 1. Base Layer

1. Base Layer: The initial layer that sits against your skin. This should be moisture-wicking to keep you dry. Polyester or nylon/cotton blend t-shirts are best.

2. Mid Layer: A long-sleeved long underwear shirt or slightly warmer layer. This should be light and breathable.

3. Insulating Layer: Your warmest layer. A heavier fleece or light puffy jacket.

4. Rain Layer: A waterproof jacket with a hood to protect you from rain and wind.

WHAT TO BRING: Fabrics with a high percent synthetic (polyester, fleece, polypropylene, nylon) or wool. Many synthetics absorb little or no water and they wick moisture away from the body and insulate even when wet.

WHAT NOT TO BRING: Do not bring any clothing or gear that is 100% cotton. When cotton gets wet, it stays wet and does not keep you warm.

LABEL PERSONAL ITEMS BEFORE YOUR TRIP:

Label belongings with your first and last name before you pack the items in a duffel bag or garbage bag. Labeling your personal items allows the La Vida office to get your gear back to you if lost.