

# APU Wilderness Orientation

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## What To Bring List

### BASE LAYERS

- Lightweight long underwear set (top and bottoms) -No cotton!
- Expedition-weight long underwear (jacket or pullover and pants) -No cotton!
- Short-sleeve t-shirts (1-2)
- Lightweight nylon shorts (1-2)
- For Women Only-Sports bras (1-2)
- Underwear (3-4 pairs)

### OUTERWEAR

- Jacket -No cotton!
- 100-weight polar fleece or insulated synthetic pants -No cotton!
- Lightweight nylon hiking pant (Zip-off pants) -No cotton!
- Waterproof raingear set (jacket and pants)
- Synthetic fleece or wool hat -No cotton!
- Lightweight fleece or wool gloves

### FOOTWEAR

- Hiking boots
- Camp shoes
- Medium weight synthetic or wool socks (3 pairs) -No cotton!
- Liner socks (2 pairs)

### ACCESSORIES

- Sun hat
- Bandana
- Water Bottles (2)
- Cup, bowl, and spoon
- Headlamp or Flashlight (w/ extra batteries)
- Sunglasses
- Nylon utility cord (parachute cord)
- Moleskin

### PERSONAL ITEMS

- Toiletry kit (toothbrush, toothpaste, prescription eyewear, prescription medicine, feminine supplies) -No soap!
- Sunscreen
- Bug repellent -No aerosol cans!
- Lip balm with sunscreen
- \$80 to \$120 cash
- Bible, Journal, and pen

### OPTIONAL

- Camera
- Sunglasses retainer strap
- Camp chair
- Duct tape
- Small towel or a Sarong
- Pocket knife
- Trekking Poles

Please read the **Personal Equipment Detailed Information** for specific information on the equipment listed above. Questions contact: WO Coordinator, Sara Morrill is available at: 626-812-3053 or [smorrill@apu.edu](mailto:smorrill@apu.edu)