

## **Suggested Gear for NERSFL Summer Events**

Note that these are just suggestions provided to you help you plan your trip. It is doubtful that any one person would bring all of the items below. Many are a matter of personal preference.

### **Summer Hiking Trips**

Day/fanny pack

Light weight fleece hat

Light weight gloves or mittens

Fleece or wool jacket – mountain tops can be cold and windy!

Comfortable hiking boots– not sneakers or low-cut shoes

“wicking” type socks (to minimize getting wet feet)

Moleskin

Roomy hiking shorts/pants – jeans are not a good choice as they hamper movement

Wind pants

Long sleeve synthetic shirt

Short gaiters to keep dust out of boots

Head Lamp

Small knife

Compass

Extra shoelace

Space blanket

Whistle

### **Summer Kayaking Trips**

Water shoes or old sneakers

Quick dry clothing

A change of clothes to be left on shore

Waterproof bag to keep personal items dry

### **Bicycling Trips**

Bicycle shorts/shirt

Bicycle helmet (this is required but if bicycles are being rented may be provided at the event so you don't necessarily need to bring your own). Check with trip leaders ahead of time to find out if you do need to provide your own.

Sturdy shoes/bicycling shoes

In addition to the above, sport specific suggestions, the following items are suggested for all summer events.

**All Summer Trips**

Cotton or synthetic T-shirts

Rain gear (both jacket and pants)

2 water bottles

Zip lock bags

Bathing suit

Camera

Sunglasses

Sun hat

Sun protection lotion

Lip protection balm

Personal first aid items (NERSFL does provide extensive first aid kits so don't feel obligated to bring your own unless you have special needs)

Bug spray

Cell Phone

Toilet paper

Hand sanitizer

Snacks (lunches are provided at most events but you may want to bring your own trail mix, fruit, candy bars etc)

## **Suggested Gear for NERSFL Winter Events**

Note that these are just suggestions provided to you help you plan your trip. It is doubtful that any one person would bring all of the items below. Many are a matter of personal preference.

### **Winter Skiing/Snowshoeing Trips**

Snowshoes

X-country skis and boots (can be rented)

“wicking” type socks (to minimize getting wet feet)

Day/fanny pack

Rain gear (both jacket and pants)

2 water bottles

Shell jacket with fleece jacket underneath

Wool or fleece hat

Wool or fleece gloves or mitts

Extra fleece or wool layer for warmth

Long sleeve synthetic shirt

Synthetic long underwear – not cotton

Sunglasses

Sun hat

Sun protection lotion

Lip protection balm

Space blanket

Whistle

Personal first aid items (NERSFL provides extensive first aid kits)

Camera

Long gaiters to keep snow out of boots

Head lamp with extra batteries

Small knife

Compass

Zip lock bags

Small roll of duct tape

Cell Phone

Toilet paper

Hand sanitizer

Snacks (lunches are provided at most events but you may want to bring your own trail mix, fruit, candy bars etc)