POP EXPEDITION
GEAR CHECKLIST

Below are all the items participants MUST have for their POP Expedition trip. POP Rangers will go through the gear of every participant, so make sure you pack everything on the list or make arrangements to rent a piece of gear you were unable to obtain.

At the end of the gear list, there is helpful information in regard to why you need certain pieces of gear and any further specific guidelines, as well as information on how to obtain the gear you need.

Reminder: The gear below is specifically for the backpacking trip. Manistee South participants will be on campus one night and Manistee North candidates will be on campus two nights before going on their trip, so all participants should pack a small bag with clothes and toiletries for those days and nights. That bag can be stored on campus while participants are on the POP trip.

* indicates gear that is available for rent. If you would like to borrow a piece of gear, please contact Lankin Tyll at ltyll@uchicago.edu.

BASIC EQUIPMENT

- Backpacking backpack (internal or external frame with waistband) *
- Sleeping bag (rated to at least 30° F; synthetic required, not down) *
- Sleeping bag stuff sack *
- Sleeping pad *

CLOTHING (THESE ARE OUR RECOMMENDATIONS, USE YOUR BEST JUDGMENT)

- 2-3 t-shirts (try to avoid cotton as it will be cold when wet)
- 1 pair long sleeve/long underwear top
- 2-3 pairs of some combination of hiking pants and shorts (NO jeans, avoid cotton)
- 1 pair sweatpants/long underwear bottom
☐ 1 sweater or fleece jacket
☐ 1 rain jacket
☐ Underwear and sports bras as needed
☐ 1 warm hat (wool or fleece recommended)

FOOTWEAR

☐ Hiking boots or shoes
☐ Camp shoes (sandals, comfy tennis shoes, etc. so you can get out of your hiking boots at the end of the day)
☐ At least 2 pairs wool or synthetic hiking socks

OTHER ESSENTIALS

☐ A one-liter water bottle (a second will be provided to you by POP)
☐ Cup, bowl, and spoon (no glass - Tupperware works well) *
☐ Flashlight or headlamp
☐ Medication (if needed)
☐ Hygiene Kit (see more info below)
☐ 2 large trash bags and 2 Ziplock bags (for waterproofing in case of rain)
☐ Notebook and pen/pencil (any size works)

OPTIONAL ITEMS

☐ Personal tent or hammock
  ☐ All participants on Expedition trips will stay in three to four person tents during their trip. If you prefer an individual tent or hammock, you are welcome to bring one. If you prefer hammock camping, be aware that the area can be buggy and there may be rain. We recommend you at least bring or borrow a tarp cover and consider bringing a bug net if you go this route.

☐ Swimsuit
  ☐ There will be an opportunity or two to take a dip in a body of water along the trails.
☐ Small, quick-dry camping towel
☐ Camp chair
☐ Rain pants
☐ Sunglasses
☐ Baseball hat/sun hat
☐ Lip balm
☐ Windbreaker
☐ Waterproof pack cover *
☐ Camera
☐ Trekking poles
☐ A book/small game for solo time

All groups will be provided with tents, water filters, cooking materials, backcountry bathroom essentials (toilet paper, wet wipes, trowel), lighters, hand sanitizer, first aid kits, sunscreen, and bug spray.

DO NOT BRING THESE ITEMS: Alcohol, unprescribed drugs, cigarettes, or chewing tobacco. Carrying or using these items will result in immediate dismissal from the trip.

FURTHER INFORMATION

**BACKPACK:** Your backpack should have a frame, either internal or external. It must have a waist belt and be large enough to carry all personal and group equipment. **We recommend a 60-70L backpack.** When loaded with all your personal gear, your pack must have about 1/4 of the space left over for group gear and food. Make sure the backpack fits properly.

**HIKING BOOTS OR SHOES:** Your hiking boots/shoes must be comfortable and fit well. If you’re planning to buy new boots or shoes, make sure to purchase them ahead of time and wear them before your trip to give them a chance to break in - this will minimize the chance of blisters and foot pain on your hikes. We highly recommend boots with ankle support to minimize the risk of a rolled ankle on the trail, but the elevation on the trail is not intense and sturdy shoes will work if boots are not available.
SLEEPING BAG: Bring a bag that is rated to at least 30-40°F. A synthetic, polyester fill (i.e.; Polarguard, Quallofil, Hollofil, etc.) bag is required; down bags will NOT keep you warm if they get wet! Your sleeping bag should not take up your full bag – make sure it can be packed down to a reasonable size in a stuff sack or fit into a separate compartment of your backpack. We do have compression sacks available to rent.

SLEEPING PAD: Sleeping pads are not only more comfortable than sleeping on the ground, they will also keep you insulated and warmer. A closed cell foam or inflatable pad work best.

HYGIENE KIT: This kit can be packed simply in one of your ziplock bags, a stuff sack, a plastic grocery bag, or any other simple bag. We recommend including the following items: a toothbrush, toothpaste, pads and tampons (if applicable), and a smaller baggie for trash. Other items you can include are floss, lotion, and deodorant. However, keep in mind that you will need to pack everything out and all fragrant toiletries will need to be packed into a bear canister every night. In the backcountry, less is more - everyone will be smelly by the end of the week and that's okay! No showers will be available once the trips leave campus.

WHERE TO GET GEAR

We don’t care what you look like in the woods and neither should you! Go for function over form. Here are some ideas on where to get the gear you need:

- **Borrow from Friends and family!** See what you can borrow first.
- **Army Navy Stores**
- **Goodwill, The Salvation Army Store**
- [Sierra Trading Post](#)
- **Uncle Dan’s**
- [REI](#) – Rental gear is available from the Lincoln Park REI. More information can be found [here](#).