



POP BASE CAMP GEAR CHECKLIST

Below are all the items participants **MUST** have for their POP Base Camp 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 are unable to obtain.

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

Base Camp participants will be on campus one night before going on their trip, so **all participants should pack a small bag with clothes and toiletries for that day and night**. 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

- Sleeping bag (rated to at least 30° F; synthetic required, not down) *
- 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 pants and shorts
- 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

- Athletic Shoes (that you're okay with getting dirty)
- Camp shoes (sandals, comfy tennis shoes, etc.)
- At least 2 pairs wool or synthetic socks *

OTHER ESSENTIALS

- A one-liter water bottle (a second will be provided to you by POP)
- Cup, bowl, and utensils (preferably no glass - Tupperware works well) *
- Flashlight or headlamp
- Medication (if needed)
- Toiletries (see more info below)
- A towel
- 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
 - o All participants on the Base Camp 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 or request to borrow 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
 - o There will be opportunities to swim and kayak. A swimsuit is not strictly necessary but is recommended if you're interested in water activities!
- Camp chair
- Rain pants

- Sunglasses
- Baseball hat/sun hat
- Lip balm
- Bug spray (we'll provide some to each group, but feel free to bring extra)
- Sunscreen (we'll provide some to each group, but feel free to bring extra)
- Windbreaker
- Camera
- Trekking poles (for day hikes)
- A book/small game for solo time

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

HIKING BOOTS OR SHOES: Your shoes must be comfortable and fit well. If you're planning to buy new 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. All groups will have a chance to go on day hikes, so make sure your footwear is comfortable for a 3+ mile walk.

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!

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.

TOILETRIES: We recommend bringing the following items: a toothbrush, toothpaste, pads and tampons (if applicable), and any other toiletries that will make you comfortable, such as floss, lotion, shampoo, and deodorant. In general, we feel that less is more - everyone will be smelly by the end of the week and that's okay! However, showers will be available at the Base Camp site and participants are welcome to take advantage of them.

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](#).