



# Rippleeffect

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## LEADERSHIP THROUGH ADVENTURE

### Freshman Quest Gear List

We would like you to be prepared with gear that will keep you safe and comfortable on your adventure. *Please let us know in advance if you cannot provide some of these items – we have a limited amount of equipment and clothing to loan out. Check with CBHS first, as they have some gear available.* Please make every attempt to bring everything on the “Must Have” and “Recommended” lists.

#### **“Must Have” Items:**

- 2 long sleeve shirts (preferably non-cotton)
- 1-2 Short sleeve shirts
- 1-2 Pairs of Pants (at least 1 pair that is Nylon or Synthetic)
- 1-2 Pairs of Comfortable Shorts
- 4 Pairs of Socks
- Extra underwear
- 1 pair of comfortable walking shoes for around the island – close toed shoes only, please
- Mid-weight jacket
- Rain jacket
- 1 Warm Hat, Wool or Fleece
- 1 Warm Wool Sweater or Polar Fleece
- 1 Bathing Suit
- Sleeping attire
- 2 Water Bottles (any clean, recycled soda bottle would work)
- Camp bowl, spoon and insulated mug, *no plates!*
- Baseball Hat or Sun Hat
- Any medications you will need for the duration of the program, labeled please!
- If you wear glasses, please bring a strap
- Toothbrush and toothpaste
- Sleeping Bag & Sleeping Pad
- Flashlight or headlamp with extra batteries
- Small backpack for carrying day items around Cow Island
- Journal and pen

#### **Strongly Recommended Items:**

- Rain pants
- Sunscreen (sunlight reflects off the water - use SPF 30 or higher!)
- Sunglasses with strap
- Water Shoes – close toed shoes only, please (Crocs work fine)
- Camera (disposable only! No digital cameras are permitted)
- Watch
- Small towel

#### **The DO NOT Bring List:**

- Flip flops or open-toed shoes
- Inappropriate clothing
- Any electronic equipment: video games, toys, cell phones, radios, iPods or digital cameras
- Cigarettes, Alcohol or Drugs
- Weapons: This includes knives or any sort of item that could be considered a weapon



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→ Remember that you are responsible for carrying your own gear, so please pack only what you can carry. We suggest duffle bags, backpacks, or dry bags to hold your belongings.

→ **\*\*PLEASE LIMIT YOUR COTTON CLOTHING!** Cotton/jeans takes a very long time to dry and does not retain its warming properties when wet. Polyester, synthetics, nylon, fleece, and wool are all great options. Students can bring cotton clothing to change into at the end of the day.\*\*