



GAP Equipment List

The following is a list of all clothing and personal equipment needed to have a comfortable outdoor experience. It is designed to help you prepare and give you an idea of how each piece of gear will be used. Because weather is unpredictable, there is no guarantee that all of the equipment will be used.

This list is meant to be followed closely. Bringing less may lead to cold challenges and bringing more will result in heavier packs/boats.

If you have any questions, or if you would like any more information regarding any of the items on the list, please contact Tim Murphy at 725-758-6238 or tmurphy@ymcaofpittsburgh.org

Cycling Gear			
Equipment	Quantity	Comments	Check List
Bike	1	Touring or Hybrid Preferred. 10-24 Speeds. Mountain bikes will work.	
Helmet	1	Comfortable helmet with plenty of ventilation.	
Padded Shorts	1	Bike shorts will make for a much more comfortable ride.	
Padded gloves	1- (Optional)	Gloves help protect your hands on long rides.	
Water Bottles w/ Bottle Cages	2	Water must be easy to get to while on your bike. A Camelback will also work.	
Chamois Crème	1- (Optional)	This can be a life saver. Helps protect against saddle sores.	
Cycling Shoe	1	Any shoes that are comfortable to bike in. Tennis shoes will work fine.	

Footwear			
Equipment	Quantity	Comments	Check List
Sturdy Shoes	1	Look for good ankle protection and support and a durable sole. These will be used for any hikes while in camp.	
Socks	3	Heavy wool, merino wool, or thick synthetic polypro (NO COTTON)	
Liner Socks	2-(Optional)	Synthetic/ Wool- personal preference	
Camp Shoes	1	Cross Trainers or durable sandals for around camp. No Flip Flops	

Upper Body Clothing			
Equipment	Quantity	Comments	Check List
Synthetic T Shirt	2	Synthetic fabrics dry fast and can be considered an insulating layer. One for hiking and one for in camp.	
Light to Mid Weight long under wear top.	1	Synthetic or Merino Wool base layer top.	
Fleece or Synthetic Vest	1-(Optional)	An extra layer in case you tend to get cold easily.	
Sports Bra	1	Women should bring a synthetic sports bra	
Rain Jacket	1	A lightweight waterproof jacket with a hood. Coated nylon or breathable fabrics such as Gore-Tex are acceptable. Should fit over all layers.	

Lower Body Clothing			
Equipment	Quantity	Comments	Check List
Nylon Shorts	2	Quick drying loose fitting shorts. One for hiking and one for in camp. No cotton shorts please.	
Light to Mid Weight bottoms.	1	Synthetic or Merino Wool base layer bottom.	
Rain Pants	1- (Optional)	Coated nylon or breathable fabrics such as Gore-Tex are acceptable. Should fit over all layers.	
Underwear	2-3 pairs	All underwear should be made of synthetic materials.	

Head			
Equipment	Quantity	Comments	Check List
Wool or Fleece Hat	1	Anything that will cover the ears.	
Sun Hat	1	Baseball Cap or Visor with a brim works great	
Sunglasses and Sunglasses retainer	1- (Optional)	Lenses should be dark and block all UV light.	

Sleeping Equipment			
Equipment	Quantity	Comments	Check List
Sleeping Bag	1	We highly recommend synthetic bags rated to 20-30 degrees F.	
Sleeping Pad	1	Closed cell foam or light weight inflatable pad (Therm-A-Rest, Big Agnes, Exped) work great.	
Compression sack for sleeping bag	1- (Optional)	Compression sacks can help minimize the size of sleeping bags while packed.	

Packing			
Equipment	Quantity	Comments	Check List
Large Duffel Bag	1	Large enough to fit all of your belongings on the trip.	
Small stuff sack	2-3	Great for organizing items in your pack.	

Miscellaneous Personal Gear			
Equipment	Quantity	Comments	Check List
Headlamp	1	Lightweight options can be found from Petzl, Black Diamond, and Princeton Tec. Make sure there are fresh batteries upon arrival.	
Sunscreen	1	Tube with 2-3 ounces will due. Make sure it is at least SPF 30.	
Lip Balm	1-(Optional)	Stick or cream. Make sure it provides sun protection	
Insect repellent	1	Small bottle	
Trekking poles	1- (Optional)	Trekking poles work well to relieve stress on knees and ankles. Single or double adjustments work well. Walking sticks or ski poles are not recommended.	

Water Bottle	2	Two 32 oz wide mouth bottles or water bladders work well.	
Journal	1	Small packable journal with pen/pencil. Avoid heavy notebooks.	
Toiletries	N/A	Toothbrush and Paste, lotion, comb, feminine hygiene products, hand sanitizer. Avoid odorous items as they can attract animals. No Deodorant.	
Prescription Glasses or contact lenses	N/A	Bring back up pair if possible	
Bandana	2-3	Any old bandana will do. Highly recommended for women.	

Optional Gear

Equipment	Quantity	Comments	Check List
Camera	1-(Optional)	Small light and durable with extra batteries.	
Book	1-(Optional)	Lightweight recommended	
Knife	1-(Optional)	Small pocketknife or Multi Tool	
Whistle	1-(Optional)	If you have a favorite whistle.	
Eating gear	1- (Optional)	If you have your favorite bowl, mug, or spoon, bring it. Tupperware (1-2 pints) with a screw on lid, Lexan plastic spoon, and an insulated mug 12- 20 ounces is recommended.	

Clothing for Camp Kon-O-Kwee Spencer

Equipment	Quantity	Comments	Check List
4-5 Days of Clothing	1	Bring comfortable clothes for the time spent a Kon-O-Kwee. Please keep it to what you will need.	
Towel	1	For showering at camp.	
Toiletries	1	Anything you will not be taking on your trip. (Shampoo, Soap, Deoderant)	
Bedding	1-(Optional)	Sheets/ Pillows to be used before and after your trip. You can also use your sleeping bag.	
Bathing Suit	1	For swimming while in camp	