



## SuperVag 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](mailto:tmurphy@ymcaofpittsburgh.org)

<b>Footwear</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Hiking Boots	1	Look for boots with good ankle protection and support and a durable sole. Sandals, Crocs, or any footwear where the foot is exposed will NOT be allowed while hiking.	
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	

<b>Upper Body Clothing</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
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.	

<b>Lower Body Clothing</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
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.	

<b>Head</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
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.	

<b>Sleeping Equipment</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
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.	

<b>Backpack</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Backpack	1	Internal frames are preferred. Minimum of 5000 cubic inches.	
Small stuff sack	2-3	Great for organizing items in your pack.	
Waterproof pack cover	1	You can usually find a pack cover designed for your pack. A plastic trash compacter bag will work as well.	

<b>Miscellaneous Personal Gear</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
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 do. 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.	

<b>Optional Gear</b>			
<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
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**

<b>Equipment</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
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	