**Will I really need all this stuff?**

You **MUST** bring all of the **REQUIRED** items on the following page in order to be adequately prepared for a fun and safe FOP experience. In addition to the required gear, we list optional items. If you already own these, feel free to bring them. However, it is not necessary to go out and buy them. If you show up without required items or with inadequate equipment, you will have to purchase these items in Boston. **You will be asked to leave any extra items not listed in Cambridge** (including deodorant, jeans, extra underwear, and cell phones).

**Footwear**

Participants in Cabin-Based Trips need sturdy footwear that is waterproof. Hiking boots and “hiking shoes” would both be appropriate, as would footwear marketed under a variety of categories (e.g., “light hiking”, “approach shoes”, and so on).

Make sure that you try on your footwear with the socks you will wear during your trip, and ensure that you still have adequate toe room. Also, **waterproof them well**, even if they have Gore-Tex. Nikwax, Biwell and Sno-Seal are examples of good waterproofing treatments.

**Whatever footwear you choose, you must break them in!** Otherwise, your feet will hurt. A lot.Laziness in breaking in boots can potentially ruin your FOP experience. Also, the footwear that works for FOP trips are great for wearing around Harvard on rainy and snowy days, so you may be making a purchase that you will use for the next four years! That being said, we know that not everyone needs hiking footwear for their time at Harvard. Our program has a significant supply of excellent hiking boots to offer to our participants,

#### Fabrics

Wool and synthetic fabrics which have a variety of names, such as fleece, polar-fleece, Synchilla, Primaloft, Thermaloft, Capilene, or Bergelene will keep you warm even when wet. Check tags on these fabrics; some fleece-like items can be cotton blends. When cotton gets wet, it loses its ability to trap heat and becomes useless as an insulating layer. Cotton is only acceptable in your t-shirt(s), though many prefer synthetic (“wicking”) t-shirts. Fabrics like fleece, rayon, acrylic, polyester, polypropylene, and wool retain their insulating ability when wet. There is **no need to buy expensive fleece sweaters/jackets**. Cheaper and acceptable fleece or wool options can be found at stores such as Target, Old Navy, clearance racks at outdoors stores, or second-hand/thrift stores. Just be sure that whatever you bring is **100% synthetic or wool**.

Socks, like your other layers, must be made out of 100% wool or synthetics. Cotton blends will leave you cold and unhappy. If you don’t know exactly what your socks are made of, please buy wool socks.

#### Raingear

It needs to keep water out, so it must be **waterproof**, not water-resistant. Adequate rain gear ranges from less expensive coated nylon (as long as the coating is fresh) jackets and pants to such fabrics as Gore-Tex, Hyvent, and SystemIII. These jackets **must have hoods** to keep your head dry. For rain bottoms, full-length side zips are a nice feature but not required.

Unacceptable raingear includes warm-up jackets, wind-breakers, plain nylon or supplex jackets, or ponchos. Any jackets or pants that have a non-polyester lining are also unacceptable.

Raingear doesn’t need to be expensive, but it needs to be waterproof or you will be unsafe in the field. A good test is to wear your raingear in the shower. If you have any questions about raingear you are buying just give us a call and ask.

**But where do I get it all?**

FOP does not have to be unduly expensive. Flashy, name-brand gear is nice, but it is costly and not necessary. Mt. Everest was climbed before Synchilla and Gore-Tex were invented, so they are not necessary for FOP! Cheap alternatives include: borrowing from your buddies, using wool instead of fleece, and shopping at thrift stores. Again, please contact Summer Staff for ideas on how to get all the necessary gear on a budget.

**Mail order and retail stores**:

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| --- | --- | --- | --- |
| *Recreation Equipment Inc. (REI)*www.rei.comwww.rei-outlet.com ***Eastern Mountain Sports (EMS):***www.ems.com | Backcountry.comwww.backcountry.comwww.backcountryoutlet.com | ***Sierra Trading Post:***www.sierratradingpost.com | L.L. Beanwww.llbean.com***Campmor*** www.campmor.com |

**FOP Gear Rental**

In recent years, parents, leaders, and friends have donated funds and gear to FOP. Through their generosity, we are able to provide loaner gear to FOP participants. We charge a small rental fee to cover cleaning, repair, and replacement. Below is the gear we have to offer, on an as-needed basis.

Below is a list of available gear and prices for gear rental:

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| --- | --- |
| Sleeping Bag: $10 Rental Fee | Boots: $10 Rental Fee |
| Backpack: $15 Rental Fee | Fleece Jackets: $5 Rental Fee |
| Rain Jacket: $10 Rental Fee | Polypro Long Underwear Tops: $5 Rental Fee |
| Rain pants: $10 Rental Fee | Polypro Long Underwear Bottoms: $5 Rental Fee |
| Sleeping Pad: $5 Rental Fee |  |

FOP unfortunately has a limited supply of gear. Though we work hard to provide gear for all those who need it and typically meet that demand, we may run out of certain items. We therefore cannot guarantee the availability of rental items. Please contact us as soon as possible if you are interested in renting gear from FOP – we want to work with you to meet all your gear needs. We were able to supply some form of gear to 80% of our participants last fall! If there are items not on this list that you need to rent, please contact us and we will work with you to get you prepared. Happy hunting!

On the next page, you will find a list of the clothing and equipment you will need for your trip. In each section, we have listed the **REQUIRED** gear first. We also list optional items. If you already own these, feel free to bring them. However, it is not necessary to go out and buy these items.

If you have **ANY** questions, no matter how complicated or simple, do not hesitate to call, email, or send us questions in cookie-form. Our website(www.harvardfop.com)is also a wonderful resource, complete with pictures, detailed explanations of gear, and how to shop effectively and find bargains.

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| --- | --- |
| FootwearRequired (you can borrow boots from FOP):[ ]  3-4 pairs of heavy wool socks (the beefier the better, but must fit boots well)[ ]  1 pair of sturdy, waterproof footwear (see footwear section above)[ ]  1 pair of light, comfortable shoes for the cabin (tennis or running shoes or Crocs WITHOUT HOLES are great; **river shoes, Tevas, and other sandals are absolutely NOT allowed.)** | EquipmentRequired:[ ]  Small backpack [ ]  2 one-liter unbreakable water bottles [ ]  Headlamp or flashlight with spare new batteries. If at all possible, please borrow/buy a headlamp. [ ]  Bug repellent (Citronella or DEET, for instance. Do not bring products with higher than 30% DEET.)[ ]  Toiletries [ ]  Sunscreen & Chapstick with SPF protection*Optional:*[ ]  2-3 Bandanas (many uses) [ ]  Camera[ ]  Small journal/notepad[ ]  Sunglasses and/or hat with a brim |
| Upper body*Required (you can borrow long underwear, raincoats, and some fleece and wool items from FOP):*You must have a **minimum** of 3 long-sleeve layers that can all be worn at the same time! [ ]  1-2 t-shirts-- cotton is OK, but some people prefer cool-max or other synthetic[ ]  1-2 mid-weight polypropylene long underwear tops **(NO COTTON BLENDS!)**[ ]  1-2 wool, fleece, or synthetic sweaters or shirts [ ]  1 heavy wool, fleece, or synthetic jacket[ ]  1 WATERPROOF raincoat (see pg. 1). Must be large enough to fit over all of your other layers. **Ponchos are not acceptable!**[ ]  1 thick wool or fleece hat that must cover your ears (i.e. not a baseball hat)[ ]  2 non-cotton sports bras, if applicable*Optional:*[ ]  1 pair of wool, synthetic, or fleece mittens or gloves (thick ski gloves are okay but not ideal)[ ]  1 pair of thin polypropylene or silk liner gloves[ ]  1 wool or fleece neck gaiter (scarves are OK too)[ ]  1 wool, synthetic, or fleece vest (this is in addition to the above required items)[ ]  1 pair of waterproof mitten shells  |
| Lower body*Required (you can borrow long underwear, rain pants, and fleece from FOP):*[ ]  1 pair of mid-weight polypropylene long underwear bottoms **(NO COTTON!!!)**[ ]  1 pair of comfortable, quick-drying shorts[ ]  1 pair of rain pants -- (see section on page 1)[ ]  2-3 pairs of non-cotton underwear. Synthetic or silk both work.*Optional:*[ ]  1 pair of fleece or wool long pants |
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