

**HARVARD FIRST-YEAR OUTDOOR PROGRAM
2019 FOP EQUIPMENT LIST – SITE-BASED SERVICE TRIPS**

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).

BUT THIS IS A REALLY LONG LIST!

We do require many items, and the list can be daunting at first. We would emphasize a few things:

- Much “athletic” clothing will work fine. Many people find the clothing they use for running or working out will work fine for FOP. The most important thing is that you avoid cotton and down.
- We loan equipment to over 80% of FOPpers – so we can help! If you let us know you need something, we will do our best to help.
- If you are going to purchase clothing, often stores like Walmart, Target, and Old Navy have perfectly functional options that are much cheaper than “outdoor gear” stores.

HIKING BOOTS

Your feet are your wheels. If they aren’t comfortable and well protected, you won’t be either. You need boots that are comfortable and tough! **Your boots must cover your ankles** to provide adequate ankle support. Hiking shoes such as the low or mid-top shoes made by Nike, Adidas, etc. are unacceptable. Some good boots are made by One Sport, Vasque, Merrell, Scarpa, Asolo, Hi-Tec, Oboz, and so on.

Many of us swear by the traditional heavy leather hiking boots which give the best ankle support and foot-protection from rough terrain and the elements. Others prefer lightweight hiking boots, made of a combination of nylon and leather. They break in much more easily than leather boots and are often cheaper. While adequate for the backpacking we do,

they provide less ankle support than sturdy leather boots and tend to be less waterproof.

Make sure that you try on your boots with beefy socks, and that you still have adequate toe room. Also, **waterproof them well**, even if they have a waterproof-breathable membrane like Gore-tex. Nikwax and Sno-Seal are examples of good waterproofing treatments.

Whatever boots 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. We would like to encourage you to purchase your own set of boots and to break them in over the course of the summer. Purchasing your own boots and wearing them in the frontcountry helps the boots mold to your foot, which ultimately prevents blisters and discomfort in the backcountry. Also, the boots that work 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 a pair of hiking boots 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. Baselayers are often made from nylon, acrylic, or polyester. Insulation is often called “fleece”. There are also synthetic “puffy” jackets that would also work as insulation. 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**. Just be sure that whatever you bring is **100% synthetic or wool**. (Much athletic wear would work fine! Check your workout clothes.)

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.

Raingear doesn't need to be expensive, but it needs to be waterproof or you will be unsafe in the field. If you are uncertain about clothing you own, 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 fleece 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:

Recreational Equipment, Inc (REI) – rei.com
Eastern Mountain Sports (EMS) – ems.com
Backcountry.com
GearX.com
Walmart.com

Moosejaw.com
CampSaver.com
SierraTradingPost.com
Campmor.com
Target.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:

Sleeping Bag:	\$10 Rental Fee	Boots:	\$10 Rental Fee
Backpack:	\$15 Rental Fee	Fleece Jackets:	\$5 Rental Fee
Rain Jacket:	\$10 Rental Fee	Long Underwear Tops:	\$5 Rental Fee
Rain pants:	\$10 Rental Fee	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.

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 are placed on a switch trip or a Service Trip (we'll notify you by July 31st), bring all of the items required on the list **PLUS** the required items for those specific trips, listed in a separate section at the end.

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.

2019 FOP TRIP EQUIPMENT LIST – Site-Based Service Trips

Footwear

Required (you can borrow boots from FOP):

- 3-4 pairs of noncotton socks (the beefier the better, but must fit boots well)
- 1 pair of sturdy leather or part leather hiking boots—waterproofed (see boot section above)
- 1 pair of light, comfortable shoes for camp (tennis or running shoes or Crocs **WITHOUT HOLES** are great; **river shoes, Tevas, and other sandals are absolutely NOT allowed.**)

Optional:

- polypropylene or silk liner socks

UPPER BODY

Required (you can borrow long underwear, raincoats, and some fleece and wool items from FOP):

You must have a **minimum** of 4 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 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 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
- 1 pair of wool, synthetic, or fleece mittens or gloves (thick ski gloves are okay but not ideal)

LOWER BODY

Required (you can borrow long underwear, rain pants, and fleece from FOP):

- 1 pair of mid-weight long underwear bottoms (**NO COTTON!!!**)
- 1 pair of comfortable, quick-drying shorts OR 1 pair of quick-drying pants (pants that convert to shorts are OK)
- 1 pair of fleece or wool long pants
- 1 pair of rain pants -- (see section on page 1)
- 2 pairs of non-cotton underwear

Optional:

- Nylon hiking pants (recommended for leg protection while doing trail work)

EQUIPMENT

Required (you can borrow pack, sleeping bags, and sleeping pads from FOP, along with a limited supply of headlamps & bug head nets):

- Backpack or duffel bag of at least 50 L capacity
- Sleeping bag (Only synthetic-filled bags. NO DOWN and NO COTTON. Rated to 20° F.)
- Sleeping Pad (If purchasing a pad, Ensolite and Ridge Rest pads are lighter and as comfortable as much more expensive inflatable pads)
- Bowl or large cup (you should be able to easily lick the bottom) and spoon or spork
- 3 one-liter unbreakable water bottles; hydration systems with hoses are OK.
- 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 33% DEET.)
- Toothbrush and toothpaste
- Sunscreen & Chapstick with SPF protection
- If Applicable: Backcountry Period Kit (see pg. 4)
- Glasses, contacts, & contact solution, if applicable.
- Any required medications

Optional:

- Small daypack (recommended)
- 2-3 Bandanas (many uses)
- Camera
- Small journal/notepad
- Stuff sacks
- Crazy Creek or similar chair (if you have one)
- Trekking poles (if you have them/need them)
- Sunglasses and/or hat with a brim
- Bug head net to cover your face

MENSTRUAL HYGIENE

Dealing with your period in the woods may sound like a bummer, but it doesn't have to be. Even if you are not expecting to get your period during the trip, bring adequate supplies anyway. The change in diet, the strenuous exercise, and spending a lot of time with other people who menstruate can all affect your cycle. This is even true if you are on the pill. Your leaders will not have extra supplies, nor will you have access to a store, so come equipped! Here are a few suggestions for making yourself as comfortable and prepared as possible:

BACKCOUNTRY PERIOD KIT

You will need:

- 1 small, dark colored, opaque bag or stuff sack
- 3 small Ziplock bags
- 1 travel pack of baby wipes (for cleaning purposes)
- a generous supply of tampons (tampons are much easier to deal with than pads, but if you have to use pads, go ahead). Tampons without an applicator (like OB) are ideal because they produce the least waste & take up the least space in your pack. A menstrual cup (ie. DivaCup) is also recommended to reduce waste and pack weight, but only use this option if you already own/are comfortable and familiar with using one.

Directions:

1. Take the tampons (or pads) out of the box and put them all into one Ziplock bag to protect them from the rain.
2. Put the travel pack of baby wipes inside a second Ziplock bag to ensure they stay moist
3. Keep the third Ziplock bag empty to use as a mini-garbage for used supplies. All dirty baby wipes, used tampons, and tampon wrappers should go into the garbage Ziplock. If you are concerned about odor, you can put a used tea bag in the garbage Ziplock.
4. Put all of these items inside the opaque bag. Voila: you have a self-contained period kit! On the trail, you should keep this in an accessible part of your pack.

Another consideration for FOPpers who wipe after they pee is whether or not to bring a “pee rag.” Since we do not use toilet paper on FOP, many FOPpers and leaders choose to bring a bandana to use as a pee rag (as opposed to “drip drying”). If you are well hydrated (as you should be), the pee rag will not have much odor at all, and when hung on your pack UV light from the sun will help to sterilize it. This is not required, but many FOPpers appreciate having the option!

EYE CARE

Wearing contact lenses on FOP may seem daunting, but it doesn't have to be. You will not have access to running water on FOP, but FOP does carry biodegradable soap. Do NOT use instant hand sanitizer to clean your hands prior to putting your contact in while on the trip. If you get the sanitizer in your eyes, it hurts! If you wear contact lenses, bring an extra pair of contacts AND your glasses as well as plenty of solution for cleaning your contact lenses.