

This is a 3-night trip, pack for comfort and warmth. If you need to borrow any equipment please email preorientation@skidmore.edu (sleeping bag, ground pad, backpack, hiking boots)

- Sunglasses
- You can bring your phone for pics, there probably won't be much service and if any it will be spotty and that really isn't the point of the trip .
- Small camp chair (optional)
- A small instrument (optional but highly recommended if you can play one)
- Any necessary medications – SOOOO IMPORTANT! You don't want to have to leave to go get them make sure they are labeled with your name in a plastic bag for protection

DO NOT BRING ANYTHING EDIBLE OR SMELLY, bears like smelly!! For any outdoor experience, it is a good idea to AVOID 100% cotton clothing. They lose all of their insulating ability when they get wet. Polyester/cotton blends are better, and wool or synthetic clothing is best. Please remember that it does get cold at night. We provide all the tents, food, guides, and transportation. You will not be able to get on the bus if you do not have all of your required forms filled out!



Don't forget, it gets cold in the
Adirondacks. Remember to
prepare. Thanks!

Layers are key to a good trip!