

Outdoor Achievement Group, L.L.C.

Individual, Family, & Group Psychotherapy

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Clothing & Equipment List

Standard Clothing & Equipment: **Day Programming**

1 Ea.	Daypack Minimum Volume 30 Liters or 1800 Cubic Inches
1 Pair	Hiking Shoes with a Vibram® or Equivalent Rubber Sole
1 Pair	Lightweight Synthetic Kaki or Cargo Shorts or Pants with Belt if Needed (Convertible or Zip Pants Preferred March Through November)
1 Ea.	Short-Sleeve Synthetic Top (Polyester, Nylon, or Wool Blend Moisture-Wicking Material)
1 Pair	Synthetic Boxers or Underpants (Polyester, Nylon, Spandex, etc.)
1 Pair	Mid-Length Synthetic or Synthetic/Wool Blend Hiking Socks
1 Ea.	32oz Nalgene or Equivalent Wide-Mouth Water Bottle

Standard Clothing & Equipment: **Overnight Programming**

1 Ea.	Three-Season Synthetic-Filled (Quallofil®, Hollofil®, Polarguard®, etc.) Sleeping Bag Rated +30 with Compression Stuff Sack (Not required June through August)
1 Ea.	Full Length or 3/4 length Closed Cell Foam (Isomat, Ensolite, Ridge Rest, etc.) Sleeping Pad (Not Required for Sailing Activities)
1 Ea.	Lightweight Mummy-Style Fleece, Silk, or Cotton Sleeping Bag Liner
1 Ea.	Pillow Case (Avoid White or Light-Colored Pillow Cases)
1 Pair	Lightweight Synthetic Kaki or Cargo Shorts or Pants with Belt if Needed (Convertible or Zip Pants Preferred March Through November)
1 Ea.	Short-Sleeve Synthetic Top (Polyester, Nylon, or Wool Blend Moisture-Wicking Material)
1 Pair	Quick-Drying Nylon or Polyester Shorts, Swim Suit, or Board Shorts with or Without Mesh Liner
1 Pair	Synthetic Boxers or Underpants (Polyester, Nylon, Spandex, etc.)
1 Pair	Mid-Length Synthetic or Synthetic/Wool Blend Hiking Socks
1 Ea.	Reusable Poncho (Vinyl or Nylon Taffeta) or Roomy Waterproof and Windproof Outer Shell Top With Hood (Coated Nylon, Gortex®, etc.)
1 Pair	Leather Work Gloves
1 Ea.	Headlamp or Flashlight with Extra Batteries
1 Pair	Sandals with Straps or Water Shoes with a Non-marking Rubber Sole Providing Adequate Traction on Slippery Surfaces
1 Ea.	Travel-Size Personal Hygiene Products, e.g., Toothbrush, Toothpaste, Shampoo, Body Wash, Deodorant, etc.
1 Ea.	Quick-Drying Camp Towel (MSR® Packtowl® or Equivalent Microfiber Towel) and Wash Cloth
2 Ea.	1-Gallon Ziploc® Freezer Bag
1 Pair	Casual Pants or Shorts (Blue Jeans, Cargo Pants, or Cargo Shorts)
1 Ea.	Casual T-Shirt (Cotton or Cotton/Polyester Blend)
1 Pair	Boxers or Underpants (Cotton or Cotton/Polyester Blend)
1 Pair	Cotton or Cotton/Polyester Blend Cushion Crew Socks

Extended Expedition Supplement *(required for activities lasting more than 3 days)*

1 Pair	Lightweight Synthetic Kaki or Cargo shorts or Pants with Belt if Needed (Convertible or Zip Pants Preferred March Through November)
1 Ea.	Short or Long-Sleeve Synthetic Top (Polyester, Nylon, or Wool Blend Moisture-Wicking Material)
1 Pair	Synthetic Boxers or Underpants (Polyester, Nylon, Spandex, etc.)
1 Pair	Mid-Length Synthetic or Synthetic/Wool Blend Hiking Socks
1 Ea.	Mesh Laundry Bag and \$1.00 (Quarters Only) for Each Day of Stay
1 Ea.	\$5.00 Cash for Each Day of Stay for Miscellaneous Expenses (e.g., Snacks, Drinks, toothbrush, and other Incidental Expenses)

Spring & Fall Supplement *(typically March through May and September through November)*

1 Pair	Lightweight Primary Insulating Layer Top (Polypropylene, Capilene®, or Equivalent Fabric)
1 Pair	Lightweight Primary Insulating Layer Bottom (Polypropylene, Capilene®, or Equivalent Fabric)
1 Ea.	Long-Sleeve Synthetic Top (Polyester, Nylon, or Wool Blend Moisture-Wicking Material)
1 Ea.	Secondary Insulating Layer Polyester Fleece Pullover (Polartec® 100 or 200)
1 Ea.	Wool or Fleece Stocking Cap or Beanie
1 Ea.	Glove Liners or Inserts (Fleece, Wool, Polyester, etc.)
1 Ea.	Roomy Waterproof and Windproof Outer Shell Top With Hood (Coated Nylon, Gortex®, etc.)

Winter Supplement *(typically December through February)*

1 Ea.	Cold Weather Synthetic-Filled (Quallofil®, Hollofil®, Polarguard®, etc.) Sleeping Bag Rated +0 with Compression Stuff Sack
1 Ea.	Lightweight Mummy-Style Fleece Sleeping Bag Liner
1 Pair	Sturdy Insulated Waterproof Leather Backpacking Boots Providing Sufficient Ankle Support and a Vibram® or Equivalent Rubber Sole (Minimum 200g PrimaLoft®, Thinsulate®, Thermolite®, or Equivalent polyester lining)
1 Pair	Medium-Weight Primary Insulating Layer Top (Polypropylene or Capilene®)
1 Pair	Medium-Weight Primary Insulating Layer Bottom (Polypropylene or Capilene®)
1 Pair	Long-Sleeve Synthetic Top (Polyester, Nylon, or Wool Blend Moisture-Wicking Material)
1 Ea.	Secondary Insulating Layer Polyester Fleece Pullover (Polartec® 100 or 200)
1 Ea.	Heavyweight Top Insulating Layer Full-Length Zip Fleece Jacket (Polartec® 300 or Equivalent Fabric)
1 Ea.	Wool or Fleece Stocking Cap or Beanie
1 Ea.	Glove Liners or Inserts (Fleece, Wool, Polyester, etc.)
1 Ea.	Weatherproof Winter Shell Gloves
1 Ea.	Roomy Waterproof and Windproof Outer Shell Top With Hood (Coated Nylon, Gortex®, etc.)
1 Ea.	Waterproof and Windproof Outer Shell Bottom (Coated Nylon or Gortex®)

Hiking Supplement

1 Ea.	Internal Frame Backpack Minimum Volume 75 Liters or 4000 Cubic Inches
1 Pair	Sturdy Leather Backpacking Boots Providing Sufficient Ankle Support and a Vibram® or Equivalent Rubber Sole
1 Pair	Replacement Laces for Hiking Boots or Trail Shoes
1 Ea.	Large Contractor Bag or Sturdy Disposable Trash Bag

Canoeing & Sailing (required for students participating in any water activity)

1 Ea.	Daypack Minimum Volume 30 Liters or 1800 Cubic Inches
1 Ea.	Short or Long-Sleeve Synthetic Top (Polyester, Nylon, or Wool Blend Moisture-Wicking Material)
1 Pair	Quick-Drying Nylon or Polyester Shorts, Swimsuit, or Board Shorts with or Without Mesh Liner
1 Pair	Reusable Poncho (Vinyl or Nylon Taffeta)
1 Ea.	Sun Cap, Baseball-Style Cap, Brimmed Hat, or Visor
1 Pair	Sandals with Straps or Water Shoes with a Non-marking Rubber Sole Providing Adequate Traction on Slippery Surfaces
1 Ea.	Quick-Drying Camp Towel (MSR® Packtowl® or Equivalent Microfiber Towel)

Sailing: Overnight Programming (required for students participating in overnight water activities)

1 Ea.	Lightweight Mummy-Style Fleece, Silk, or Cotton Sleeping Bag Liner
1 Ea.	Pillow Case (Avoid White or Light-Colored Pillow Cases)
2 Ea.	Short-Sleeve Synthetic Top (Polyester, Nylon, or Wool Blend Moisture-Wicking Material)
1 Ea.	Quick-Drying Nylon or Polyester Shorts, Swimsuit, or Board Shorts with or Without Mesh Liner
2 Pair	Synthetic Boxers, Underpants, or Athletic Shorts (Polyester, Nylon, Spandex, etc.) for Sleeping
1 Ea.	Travel-Size Personal Hygiene Products, e.g., Toothbrush, Toothpaste, Shampoo, Body Wash, Deodorant, etc.
1 Pair	Casual Shorts (Athletic or Cargo Shorts)
1 Ea.	Casual T-Shirt (Cotton or Cotton/Polyester Blend)
1 Pair	Boxers or Underpants (Cotton or Cotton/Polyester Blend)

Wilderness Survival Course Supplement

1 Ea.	Space® All-Weather Blanket or Equivalent Durable Reusable Rescue Blanket
1 Pkg.	Potable Aqua® Chlorine Dioxide Tablets or Similar Water Purification Tablets
1 Ea.	Magnesium Fire Starting Tool, Firesteel, or BlastMatch
1 Pkg.	Water Proof Matches
4 Ea.	Individual Cotton Balls
50 ft	10 lb Test Fishing Line
1 Pkg.	Assorted Small Fishing Hooks
1 Pkg.	Assorted Split Shot Weights
2 Ea.	Assorted Bobbers
150 ft	550# Mil Spec. Parachute Cord, Small Diameter Cordage, or Natural Jute Twine
1 Ea.	Fixed Blade Survival Knife or Small Hatchet
1 Ea.	ACR Signal Whistle or Safety Whistle
2x2 ft	Aluminum Foil
1 Ea.	Long-Sleeve Synthetic Top

Optional Items *(students & families may choose to bring these items)*

Deep Woods® Off! Insect Repellent or Equivalent Product Containing Minimum 25% DEET
Coppertone® Sport® Lotion SPF 100+ Sunscreen or Equivalent Sunscreen Product
Glasses Case with Small Repair Kit or Contact Lens Case and Solution
Crazy Creek, Backpacker's Camp Chair, or Small Folding Camp Chair
Disposable Camera
Small Pocket Knife
Wrist Watch
Sunglasses
Lip Balm