

The following list contains examples of absolute, must have gear for outdoor adventures/trips at EAS. This list was created and recommended by EAS Teachers. The links provided are to show examples of each recommended item. Families can purchase their student's gear from any retailer.

- **Expedition journal**, bound, NOT spiral; intended to be used on all expeditions over the course of 3 years at EAS: <https://a.co/d/5IKbHLy>
- **Compressible sleeping bag**, rated to 20 degrees; (avoid the bulky roll up type); the mummy-style is common for students to have: <https://www.rei.com/product/217592/rei-co-op-trailmade-20-sleeping-bag>
- **Sleeping pad** — compressible is preferred; the accordion style is ok.
 - the self-inflating style is the most common one that students have: <https://www.rei.com/product/220664/rei-co-op-trailmade-self-inflating-sleeping-pad>
 - accordion style (cheaper, but can be bulky): <https://www.rei.com/product/201641/exped-flexmat-sleeping-pad>
 - inflatable is also fine to have (as it can really be compressed small), but can get more pricey: <https://www.rei.com/product/216101/big-agnes-divide-insulated-sleeping-pad>
- **Rain jacket and rain pants**: <https://www.rei.com/product/227851/rei-co-op-rainier-rain-jacket-kids> and <https://www.rei.com/product/227852/rei-co-op-rainier-rain-pants-kids>
 - poncho-style raincoats are not ideal, as students should be able to hike and move their arms freely if raining.
- **Hiking shoes**: <https://www.rei.com/product/229336/merrell-moab-speed-2-low-waterproof-hiking-shoes-kids>
 - We don't really do any backpacking trips where heavier backpacking boots are needed to help support the weight of a 40 lb. backpack. Hiking shoes are much more comfortable and affordable.

- **Daypack:** <https://www.rei.com/product/168502/rei-co-op-tarn-18-pack-kids>
 - Waterproof preferred; this daypack should be separate from their regular school backpack; should be big enough to hold raingear, a warm layer, a hat, expedition journal/writing utensils, water bottle, and lunch Tupperware.

- **Water bottle:** <https://www.rei.com/product/402049/nalgene-ultralite-wide-mouth-water-bottle-32-fl-oz>
 - At least 32 oz.; NO SINGLE USE BOTTLES

- **Duffel:** <https://www.rei.com/product/195808/rei-co-op-roadtripper-100-duffel>
 - Ideally, duffel bags should be large enough to hold student's clothes, sleeping bag AND sleeping pad inside the duffel.
 - At least water-resistant, if not waterproof

- **Headlamp:** <https://www.rei.com/product/203909/petzl-tikkina-headlamp>
 - Headlamps are preferred over handheld flashlights, though flashlights work just fine too.

- **Mess kit:** <https://www.rei.com/product/897683/sea-to-summit-delta-camp-set>
 - A specialty mess kit does NOT need to be acquired. Mess kits are just eating utensils that are camp friendly (able to be dropped or crushed and NOT break). Mess kits should include:
 - Plate or wide bowl
 - cup/mug
 - spoon and fork, or a spork
 - a mesh carrying bag