

Clothing & Equipment List

“They can do it. We can help.”

2011

Outdoor Achievement Group, L.L.C.

Youth Behavioral Health Services

Clothing and Equipment List

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Clothing and Equipment List

Welcome to the Outdoor Achievement Group, L.L.C.,

Proper selection of clothing and equipment is an essential wilderness skill. During participation in wilderness-Based activities students will find themselves in some of the most pristine and remote landscapes within the continental United States. In these remote environments having the right gear is paramount.

We realize the clothing and equipment list might seem a bit overwhelming. Don't panic! Take some time and do a bit of research on the Web before making any purchases. You can also take this list to your local outfitter for advice. Don't hesitate to contact our field staff toll free at **(866) 232-5743** if you have questions concerning specific items on this list. Most of the items on this list can be purchased from **Academy® Sports and Outdoors** or **Bass Pro Shops®**.

Please ensure your child has a fresh haircut (the shorter, the better) and clips his or her fingernails and toenails before arriving at camp!



Standard Clothing and Equipment (this list applies to all students)

1	Daypack Minimum Volume 30 Liters or 1800 Cubic Inches
1	Three-Season Synthetic-Filled (Quallofil®, Hollofil®, Polarguard®, etc.) Sleeping Bag Rated +30 with Compression Stuff Sack
1 Pair	Hiking Shoes with a Vibram® or Equivalent Rubber Sole
2 Pair	Lightweight Synthetic Kaki or Cargo Pants with Belt if Needed (Convertible or Zip Pants Preferred March Through November)
2	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 Mesh Liner
2 Pair	Synthetic Boxers or Underpants (Polyester, Nylon, Spandex, etc.)
2 Pair	Mid-Length Synthetic or Synthetic/Wool Blend Hiking Socks
1	Reusable Poncho (Vinyl or Nylon Taffeta)
1 Pair	Leather Work Gloves
2	32oz Nalgene or Equivalent Wide-Mouth Water Bottle
1	Headlamp or Flashlight with Extra Batteries
1 Pair	Shower Shoes or Flip Flops
1 Ea.	Travel-Size Personal Hygiene Products, e.g., Toothbrush, Toothpaste, Shampoo, Body Wash, Deodorant, etc.
1 Ea.	Large Bath Towel or Quick-Drying Camp Towel and Wash Cloth
1	Pillow with Pillow Case (Avoid White or Light Colored Pillow Cases)
2	1-Gallon Ziploc® Freezer Bag
1 Pair	Casual Pants (Blue Jeans, Cargo Pants, or Cargo Shorts)
1	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
1 Ea.	Ultra-Light or 2-Piece Fishing Pole, Spinning or Baitcast Reel, and Small Packable Tackle Box with a General Selection of Tackle (Students Aged 16 and Older Must Have a Valid Oklahoma Fishing License, which can be purchased online at www.wildlifedepartment.com)
1 Ea.	Mesh Laundry Bag and \$3.00 (Quarters Only) for Each Week of Stay.
N/A	\$20.00 Cash for Each Week of Stay (5-7 Days) for Miscellaneous Expenses, e.g., Snacks, Drinks, and Incidental Expenses Such as a Lost Toothbrush or Replacement Laces

Optional Items (students may choose to bring these optional items)

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

Wrist Watch
Sunglasses
Lip Balm

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

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

Winter Supplement (typically December through February)

1	Cold Weather Synthetic-Filled (Quallofil®, Hollofil®, Polarguard®, etc.) Sleeping Bag Rated +0 with Compression Stuff Sack
1	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)
2 Pair	Medium-Weight Primary Insulating Layer Top (Polypropylene or Capilene®)
2 Pair	Medium-Weight Primary Insulating Layer Bottom (Polypropylene or Capilene®)
2	Long-Sleeve Synthetic Top (Polyester, Nylon, or Wool Blend Moisture-Wicking Material)
1	Secondary Insulating Layer Polyester Fleece Pullover (Polartec® 100 or 200)
1	Heavyweight Top Insulating Layer Full-Length Zip Fleece Jacket (Polartec® 300 or Equivalent Fabric)
1	Wool or Fleece Stocking Cap or Beanie
1 Pair	Glove Liners or Inserts (Fleece, Wool, Polyester, etc.)
1 Pair	Weatherproof Winter Shell Gloves
1	Roomy Waterproof and Windproof Outer Shell Top With Hood (Coated Nylon, Gortex®, etc.)
1	Waterproof and Windproof Outer Shell Bottom (Coated Nylon or Gortex®)

Canoeing and Water Activities Supplement (required for students participating in canoeing activities)

1	Lightweight Mummy-Style Fleece or Silk Sleeping Bag Liner
1	Full Length or 3/4 length Closed Cell Foam (Isomat, Ensolite, Ridge Rest, etc.) Sleeping Pad
1 Pair	Sandals or Water Shoes providing Adequate Toe Protection (No Open-Toe Sandals)
1	Sun Cap, Baseball-Style Cap, Brimmed Hat, or Visor

Hiking Supplement (required for students participating in Hiking or Backpacking activities)

1	Internal Frame Backpack Minimum Volume 75 Liters or 4000 Cubic Inches
1	Full Length or 3/4 length Closed Cell Foam (Isomat, Ensolite, Ridge Rest, etc.) Sleeping Pad
1 Pair	Sturdy Leather Backpacking Boots Providing Sufficient Ankle Support and a Vibram® or Equivalent Rubber Sole
1	Quick-Drying Camp Towel
1 Pair	Replacement Laces for Hiking Boots or Trail Shoes
1	Large Contractor Bag or Sturdy Disposable Trash Bag

Wilderness Survival Course (WSC) Supplement (required for students participating in the survival course)

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

Extended Expedition Supplement (additional items needed for extended expeditions of more than 14-days)

1 Pair	Lightweight Synthetic Kaki or Cargo Pants with Belt if Needed (Convertible or Zip Pants Preferred March Through November)
1	Short-Sleeve Synthetic Top (Polyester, Nylon, or Wool Blend Moisture-Wicking Material)
1	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