

EQUIPMENT LIST

FALL ADIRONACKS

WEILL CORNELL-COE WILDERNESS MEDICAL ELECTIVE

You will be comfortable in direct relation to the gear and its quality!

Upper Body Clothing

- Long underwear top (not cotton!)
- 3 to 4 insulating light layers (expedition weight long underwear, fleece jacket, wool sweater or fleece vest)
- 2 t-shirts (synthetic or cotton)
- Paddling jacket (optional)
- Rain coat** (Must be waterproof and fit over most of the other layers!)

Lower Body Clothing

- Long underwear bottoms* (not cotton!)
- Insulating layer (fleece, expedition weight long underwear, wool, nylon, or soft shell pants, etc. – not cotton!)
- Lower body shell** (quick drying nylon, wind, or rain pants)
- Synthetic shorts (optional)
- Regular underwear as needed

Head and Hands Protection

- Warm hat* (fleece or wool)
- 1 pair of gloves or glove liners* (wool or synthetic)
- Baseball or brimmed sun hat*

Feet Protection

- 1 to 2 pairs liner socks* (thin, synthetic material to protect feet from blisters)
- 3 pairs thick wool and/or synthetic socks*
- 1 pair rubber boots or water shoes (if water shoes, you might want to consider an extra pair of socks and/or a pair of neoprene socks)
- 1 pair hiking/camp shoes (sneakers, tennis shoes, light hiking shoes, etc. – no open-toed sandals).

Personal Gear

- Daypack
- Small stuff sacks, garbage bags or Ziplocs (to organize and waterproof stuff)
- 2 1-quarter water bottles* (1 liter soda bottles work okay)
- Pocket knife
- Headlamp* (with extra batteries)

- Whistle** (provided by C.O.E.)
- Compass** (provided by C.O.E.)
- Lighters or matches in Ziploc or waterproof container
- Notebook and pencil
- Map#
- Small dry bags, miscellaneous sizes (optional)
- Wrist watch

Camping Gear

- Sleeping bag and stuff sack** (rated at least 40 degrees)
- Sleeping pad** (ensolite, thermarest or similar)
- Lightweight plastic bowl, plate, cup
- Eating utensils

Personal Maintenance Kit

- Chapstick, sunblock, sunglasses, Purell
- Toothbrush and toothpaste (small travel size recommended)
- Toilet paper and tampons/pads (bring Ziploc bags to carry out), baby wipes
- Contacts, solution, extra glasses
- Medication (let instructors k now)
- Washcloth or small towel for cleaning and/or drying

Optional Personal Gear

- Camera and film (extra or fresh battery for longer trips)
- Crazy creek chair*
- Binocular
- Snacks (candies, nuts, etc.)
- Thermos

Canoe Gear (all gear provided by COE)

- Canoe (one for every two people)
- Paddle (with one spare for every 4 boats)
- PFD to fit
- Canoe pack (able to fit large drybag and other stuff for portages)
- Large drybag (able to hold sleeping bag and extra clothes)

Group Equipment (all supplied by COE)

- Tents and/or tarps
- Food tubs
- Food
- Pots, pans, fry pans
- Cooking spoons, spatulas, etc.

- Trowels
- Lanterns
- Water treatment system
- First aid kits
- Repair kits/supplies

* These items can be *bought* from the COE Outfitting Center.

** These items can be *rented* from the COE Outfitting Center.

These items are provided by COE and are covered by the course fee.