

Project Marj Multi-Activity Gear List

PRE-PROGRAM CONDITIONING

While Project Marj requires individuals to reach beyond self-imposed limits, all activities are within the capability of the average healthy person. Previous outdoor experience is not necessary and required skills are taught as part of the program. Nevertheless, we strongly encourage you to begin preparing for the program immediately by running at least one mile or walking at least three miles a few days a week.

EQUIPMENT

You will need to provide the personal items listed below. It is not necessary for you to purchase a lot of expensive equipment; many items listed below, you may already own. Items that you choose to purchase may be available at low cost from mail order suppliers or your local outdoor specialty shop. This gear list may be altered slightly to suit your personal preferences to be comfortable for 5 days. If you would like advice on equipment substitutions, please give us a call or send us an e-mail. Our major concern is that all participants have appropriate equipment for a safe and comfortable experience. The University can provide sleeping bags, backpacks and other specialized equipment if needed. (You may of course use your own sleeping bag and backpack if you wish.) Those items underlined can be provided for participants from the Outdoor Trip Center (where our program's gear is stored and rented from) if they are unable to be purchased or found

Essentials

- 1 pair of light or medium weight hiking shoes, boots, trail sneakers*
- Medications(for allergies, stings, etc.) **Must be on Medical Form!**
- Sunblock (high SPF rating) & sunglasses (recommended)
- Extra pair of glasses or contact lenses (if you wear them)
- 1 large backpack or duffel to carry your belongings
- Sleeping Bag
- Sleeping Pad
- 1 small day pack
- Croakies for glasses/sunglasses while kayaking

Clothing

- 3 pairs of socks; cotton, polyester, or wool/polyester blend
- 1 hooded rain jacket or poncho
- 1 light sweater, wool or fleece
- 1 light or medium weight, long-sleeved shirt (NO COTTON!)
- 1 pair of long-johns (NO COTTON!)
- 2-4 pairs of underwear
- 2-4 T-shirts, polypropylene preferred, cotton acceptable
- 2 pairs of shorts; nylon or nylon/cotton blend recommended
- 1 pair of loose-fitting pants (**jeans, tight-fitting pants, or Capri pants are unsuitable**)
- Bathing suit (for the kayaking section)

Personal Equipment

- 2-3 one-quart, wide-mouthed water bottles (e.g., Nalgene brand)(Camelback may be substituted for 2 Nalgenes)
- 1 plastic bowl (16oz. Nalgene bowl recommended)
- 1 plastic drinking cup; insulated mug recommended
- 1 Set of Utensils (spoon, fork, knife)
- 1 ballpoint pen
- 2 or three bandannas
- 1 towel

- 1 flashlight or headlamp with new batteries, spare batteries, and a spare bulb
- 2-4 Ziploc bags
- Toiletries

Recommended, But Not Required

- Camera and film
 - Sunglasses
 - Bug Spray (NO AEROSOLE)
 - Hat
 - Camp Sandals (ex. Tevas, Keens)
-

Please leave jewelry, watches, portable radios/tape players, cell phones, and other nonessentials at home.

Alcohol, tobacco, and recreational drugs will not be tolerated on Project Marj! If you have such items, do not bring them.

***Items in red may be rented. There is a limited supply though. It will be given out on a first come, first serve basis.**