



PAWS

Pre-Orientation Adventure for Wildcats
UNIVERSITY of NEW HAMPSHIRE

Backpacking Packing List

Unless specified, all the gear listed here is essential and required. Please bring everything on the list, whether you're a first time camper or an old hand. You should pack the following items in a large backpack or duffel (if you plan on borrowing a backpack) that is separate from your college stuff. During PAWs, you will be living, playing, eating, and sleeping in the outdoors. Whenever possible, wool and synthetic fibers (nylon, fleece, etc.) are preferable to cotton because synthetics will keep you warm even when wet, and will dry much faster. If you have any questions, please feel free to contact us!

If you have questions about what to bring, please contact us at 603-862-1577 or paws.program@unh.edu.

<ul style="list-style-type: none"><input type="checkbox"/> 1 large backpack * (to pack all the other stuff in)<input type="checkbox"/> 1 mummy-style sleeping bag* - lightweight rated to 25°F (synthetic – no cotton content)<input type="checkbox"/> 1 foam sleeping pad* or Thermarest<input type="checkbox"/> 1 large heavy duty garbage bags (for keeping your stuff dry)<input type="checkbox"/> 1 headlamp & extra batteries<input type="checkbox"/> spoon<input type="checkbox"/> plastic bowl<input type="checkbox"/> mug (plastic insulated travel mugs are great)<input type="checkbox"/> pocket knife (Swiss army or Leatherman - blade must be less than 3")<input type="checkbox"/> 2 one-liter water bottles (i.e nalgene)<input type="checkbox"/> small notebook and pen<input type="checkbox"/> sunglasses, lip balm, sunscreen (SPF 15 to 30)<input type="checkbox"/> bug spray<input type="checkbox"/> toiletries - toothbrush & paste, contact solution, tampons, etc, keep it small and basic – soap must be biodegradable<input type="checkbox"/> any required medication<input type="checkbox"/> extra glasses if you wear contacts<input type="checkbox"/> 1-2 bandanas	<ul style="list-style-type: none"><input type="checkbox"/> 1-2 t-shirts<input type="checkbox"/> 2 long synthetic sleeved shirt (like under armour)<input type="checkbox"/> 2 pairs of synthetic long underwear (like under armour)<input type="checkbox"/> 1 fleece or wool sweater<input type="checkbox"/> 1 wool or fleece hat<input type="checkbox"/> 1 pr. shorts (quick drying athletic type are great)<input type="checkbox"/> 1pr. synthetic hiking pants (zip-off style are great)<input type="checkbox"/> 3 pr. underwear (cotton okay here, too)<input type="checkbox"/> 3-4 pr. socks (wool, should be long enough to come over top of boots)<input type="checkbox"/> 1 pair camp shoes (cros, old sneakers...)<input type="checkbox"/> 1 pair hiking boots (broken in!)<input type="checkbox"/> rain jacket<input type="checkbox"/> rain pants<input type="checkbox"/> 1 bathing suit <p><u>Optional</u></p> <ul style="list-style-type: none"><input type="checkbox"/> hat with visor<input type="checkbox"/> camera<input type="checkbox"/> safety strap for prescription or sunglasses
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*PAWs has a few of these items for loan. If you would like to borrow one of these items, please let us know when you register.

DO NOT BRING: ALCOHOLIC BEVERAGES, DRUGS, CIGARETTES, TOBACCO, FOOD, JEWELRY, RADIOS, IPODS, CELL PHONES, MATCHES/LIGHTERS, MAKE-UP, ETC.

In regards to alcohol/tobacco/drug use....PAWs is a CHEM-FREE event. This means that no alcohol is to be consumed during any portion of the PAWs program, regardless of age. If anyone is found with alcohol we will call your emergency contact person and ask them to come pick you up immediately, no exceptions. Obviously, illegal drugs are prohibited as well. There is also no smoking.

In regards to your stay at Mendums Pond....You will ride a bus to Mendums Pond on the first day of the program and back to UNH on the last day. At no time during PAWs are you permitted to leave the area or invite guests to the area. Mendums Pond will be closed to the public during the week of PAWs. Please be respectful of the area – it is our home for the duration! Take only pictures & leave only footprints.

In regards to cell phones....Cell phones are not permitted during the PAWs program. If you absolutely must call to check in with someone let us know and we will work something out with you. REMEMBER, you are coming to PAWs to meet new friends, find out about UNH, and to get a jump start on your college experience. Talking/texting on your cell phone will only impede those goals. PLUS, cell phone coverage is not that good at Mendums Pond, and there is no electricity, so your phone won't last that long anyhow.

In regards to internet service....Did we mention that there is no electricity? Don't worry, the interwebs will still be there when you get back.

In regards to SLEEPING....You will be staying in large tents. Our tents are quite spacious, and we try to put fewer people in them than is recommended (i.e. 6 people in an 8 person tent) so that you'll have extra room. Nonetheless, they are tents. There is no electricity, no bathrooms, and no running water (though we'll have the last two elsewhere). Your whole group will stay in 1-2 tents.

You must have a sleeping bag, sleeping pad, and a pillow is a great idea too. Your sleeping bag should be a good quality synthetic bag rated to at least 35°F (NO COTTON). If you don't have a sleeping bag, or aren't sure if yours is appropriate, please call us and we'll help you decide (603-862-1577). We have a small number of bags and pads available to lend, so let us know if you need one.