First of all, trip members’ attitudes can make or break any trip. It is important to remember that some factors are beyond our control, such as weather, vehicle trouble, and other people’s actions. While there is nothing you can do to stop the rain or soften the ground you’re sleeping on, you can control your attitude and influence another’s perception. We expect all trip participants to bring a positive, flexible attitude in order for us to all have a fun and memorable experience. You can expect our trip leaders to do the same.

The cliché expect the unexpected is wisdom for the adventurer. We want you to be well prepared for your trip. In conjunction with your particular trip’s gear needs, the list below should be used to select appropriate clothing and equipment for any OPC trip. If you have any questions, we are here to help.

**Clothing:**
- Traveling clothes
- Long underwear
- Activity specific clothes
- Extra insulating layer (fleece or wool sweater)
- Activity appropriate footwear
- Comfy shoes for around camp
- Rain/Windproof jacket (R)
- Rain/Windproof pants (R)
- Hat
- Bandana

**Toiletries:**
- Personal toiletries
- Appropriate hygiene products
- Prescription or OTC Medications you may need
- Hand Sanitizer
- Lip Balm
- Spare Eyeglasses or Contacts

**Equipment:**
- Ziploc Bags for Packing
- Small Flashlight or Headlamp (R)
- Sunglasses
- 2 Liter Carrying Capacity for Water
- Insulated Mug

**Other/Extras:**
- Money for snacks on the road
- Journal and Pen(s)
- Reading Material
- Camera
- Pocket Knife

(R) Items that can be rented from the OPC for a nominal fee

**What NOT to Bring:**
- Valuables
- Recreational Drugs
- Alcohol

**Gear Tips:**
- Synthetic fibers such as Polypropylene and Lycra dry more quickly than cotton.
- Be sure to break in your hiking shoes before the trip to avoid blisters on the trail.
- Ask a knowledgeable staff before you buy.

**Where to get gear:**

**Mountain Hideaway**
4816 50th Street
Mountain Hideaway has a great line up of outdoor clothing, shoes and boots, and equipment and their knowledgeable staff specialize in providing quality information to aspiring outdoor enthusiasts.

Academy Sports and Outdoors
5802 19th Street
Savers Thrift Store
2015 50th Street