

# Anteater Adventure Gear List

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## **YOU SHOULD BRING:**

Refillable Water bottles (1 quart per person minimally)  
Bathing suit/Boardshorts/maybe a rash guard if you prefer  
Flop flops or water shoes  
Towel  
Sun Hat/baseball cap  
Sturdy Walking Shoes  
Sunscreen/Lip balm (SPF 15 or higher)  
Daily medications/toiletries  
Sunglasses  
Headlamp or Flashlight and Extra Batteries  
Warm Jacket  
Warm Pants  
Warm Hat  
Socks (wool/synthetic are best but whatever you have)/Underwear  
Shirts (short and long for sunny protection and colder conditions)  
Pants and shorts  
Raingear (tops/bottoms – maybe - It's Southern California)  
Day Pack/Small back pack to carry what you need for the day  
Money (maybe for snacks or souvenirs??)  
Snacks (if you require something special)  
Cool fun things about yourself that you can share with the group like music, fun facts about yourself, UCI or cool things, items to juggle, magic tricks, poetry, creative writings, anything else that you are into that can be shared with the group that doesn't require electricity  
Journal and pen (something to write on and something to write with)

## **Additional camping gear suggestions:**

For outdoor travel we recommend using a layering system of clothing so you can add layers to protect against the sun or add warmth as needed and reduce layers in order to not overheat and be comfortable during warmer times.

Overnight lows are usually a little chilly so having a warm hat to conserve body heat is really important. Likewise, having warm, dry socks is essential for a good time and no issues when camping. Dry clean socks will help prevent blisters when hiking. Socks made of a natural or synthetic material like wool, rayon or polypropylene will dry quickly if they get wet and conserve at least some heat in the foot if they do get wet. Cotton socks have a tendency to clump and cause hot spots which lead to blisters and wet or even sweaty cotton socks will actually make your foot and your entire body colder. I always pack a few extra pairs of socks because they are small and helpful. In addition if we do get rain and the ground is wet my feet will be the things getting wet fastest.

Raingear may not be necessary if you don't already own it. Consider using a simple camping solution like packing a large plastic bag that can easily be made into a poncho if needed.