



Outdoor Adventures

What to Bring on a Day Trip

Food & Water

Food will not be provided on Outdoor Adventure Day Trips. Please bring with you enough food and water for the duration and activity level of the day. It is recommended to bring at least 1 liter/32oz of water with you.

Clothing

All Outdoor Adventures will require some type of athletic clothing that allows for active movement. Many trips will take place rain or shine, so, please dress appropriately for the season and weather. Try to stay away from wearing clothing made out of cotton. Clothing made of cotton holds moisture and takes a long time to dry out when wet. Look for clothing made of polyester, nylon, or wool. During colder seasons, it is best to dress in layers to better control your body temperature. It is also a good idea to bring an extra layer in case of a sudden weather change.

Footwear

Only closed-toe shoes are allowed on Outdoor Adventure trips. No flip-flops please.

- Hiking – A sturdy pair of hiking shoes is recommend as we may be traveling on rugged terrain.
- Climbing – Technical climbing shoes will be provided, but the approach to the cliff may be a 15-30 minute hike, so, please wear a pair of shoes appropriate for walking.
- Skiing – Downhill or Cross Country ski boots will be provided
- Water sports – Dependant on activity, sandals may be allowed that do not easily come off. No flip-flops please.

Small Backpack

Please bring a small backpack to carry your food, water, extra clothing and any other necessities you may need for the day.

Please direct any questions about what to bring to the Assistant Director, Outdoor Adventure:

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