

Nest Gear Shop Recreation Packing Lists

Below are lists of the most common forms of outdoor recreation that the Nest is best suited to offer you for your adventures! The items in red are items we either do not have, or have a very limited supply of, so you should not plan on borrowing these items from the Nest Gear Shop.

Regardless of where you get your outdoor gear, you should ensure that you have the 10 essential items of hiking and camping to be best prepared for any outdoor excursion. Please check out our Instagram for an amazing visualization of these items, and read below for more information!

Why are they essential: adapted from the [REI](#) website

1. **Navigation:** map, compass, altimeter, GPS device, personal locator beacon (PLB) or satellite messenger
 - In the event that your phone dies, or you get lost, having and understanding how to use a map and compass is very important to get you out of a sticky situation. And if you will be out of range of service, then you should bring a satellite messenger (phone) in the case of an emergency to call for help.
2. **Headlamp:** plus extra batteries
 - In case of an emergency, even if you are hiking in the day, there may be a chance you could be out in the dark and may need light.
3. **Sun protection:** sunglasses, sun-protective clothes and sunscreen
 - Even if it is cloudy, humans can still sunburn through the clouds. Additionally, we never know when the weather might change from a cloudy day to sunny!
4. **First aid** including foot care and insect repellent (as needed)
 - No matter the condition of your hike or outing trip (even if the ground is flat with no elevation) accidents can still happen and people can still injure themselves. This is why you should bring an appropriately sized first aid kit for your trip.
5. **Knife** plus a gear repair kit
 - Knives are handy in many different emergency situations that you may find yourself in, such as first aid, food preparation, fire starting, or repairs.
6. **Fire** matches, lighter, tinder and/or stove
 - In the case of emergency, you may need to start a fire to stay warm, get warm, purify water, or even cook food.
7. **Shelter** carried at all times (can be a light emergency bivy)

- An emergency shelter can protect you in the event of severe weather or from you getting stranded on a hike. Additionally, if you are camping and hike away from your tent, you should carry an emergency shelter with you as you are leaving your shelter (tent) back at camp!

8. **Extra food** Beyond the minimum expectation

9. **Extra water** Beyond the minimum expectation

- In any form of emergency, or if you are extra hungry, carrying additional water and food can save your life. Make sure you are bringing more than enough; consider bringing an additional days' worth of food dependent on where you are hiking.

10. **Extra clothes** Beyond the minimum expectation

- While in the outdoors, the weather can change quickly, becoming much warmer or wetter than we expected. Because of this, it is important to bring a change clothes. Additionally, in the event that you are stranded, having a change of clothes can help you stay warm and/or get dry.

Day Hike

Basics:

- Navigation: map, compass**
- Headlamp: plus extra batteries
- Sun protection: **sunglasses**, sun-protective clothes and sunscreen
- First Aid including foot care and insect repellent (if needed)
- Knife plus a **gear repair kit**
- Fire matches or a lighter
- Shelter carried at all times (can be a light emergency blanket, or bivy)
- Extra snacks for the day**
- Extra water Beyond the minimum expectation
- Extra clothes Beyond the minimum expectation

Clothing:

- Gloves
- Jackets: insulated puffy and fleece and rain jacket
- Pants: insulated, waterproof/rain
- Vests
- Leggings
- Hats (Beanie, Sun, and Rain)

Footwear:

- Hiking Shoes
- Gaiters (optional)

- Microspikes (used for traction in icy conditions)
- Snowshoes (used for traction in snowy conditions)

Equipment:

- Trekking Poles (Depending on terrain and elevation)
- Day Backpack or Fanny Pack
- Water Bottles (At least 2 liters per person. On Longer hikes a useful estimate is that on average humans should consume 1 liter of water every 2 miles of walking!)

Miscellaneous:

- Binocular

* Designates gear that is available in limited supply in the Nest Gear Shop

Items in red are not available in the Nest Gear Shop

Car Camping

Personal Gear:

- Day Pack
- Bag for clothing
- Long underwear or leggings
- Long sleeve shirt
- Insulated jacket
- Insulated fleece
- Insulated or fleece pants
- Gaters (optional if hiking)
- Boots or hiking shoes
- Socks (synthetic or wool)
- Glove or mittens
- Warm hat
- Waterproof Jacket
- Waterproof pants
- Sleep layers
- Extra socks*
- Sunglasses
- Toiletries
- Nalgene Water Bottle
- Thermarest/Zlite pad or inflatable pad
- Sleeping bag (30-0 degrees F)
- Sleeping Bag Liner (optional)*
- Headlamp
- Trekking Poles (optional if hiking)

Safety:

- First Aid Kit
- Hand Sanitizer
- Handwarmers
- Matches and or lighter
- Tarp/Shelter for rain protection
- Repair Kit
- Map of area (if hiking)
- Blankets
- Bathroom Kit*
- Knife

Misc:

- Extra Batteries
- tent lights
- Cards/Games
- Hatchet/Axe
- Solar string lights (for the vibe)
- Chairs
- Wood
- Cooler
- Camping table (if no picnic table)
- table cloths
- Permits/camping info
- Binoculars

- Giant dice lawn game
- Roasting forks sets
- Fishing Poles
- Oyster shucking knives

Cooking/Cleaning Gear:

- Stove
- Pot/Pan for cooking
- Fuel*
- Bowls and Mugs (per person)
- Eating Utensil (per person)
- Cooking Utensils
- Backcountry Soap
- 3 Small Towel and 1 large
- Compost Bucket/Garbage Bags
- Water Jug
- Napkins, Foil, Ziplocks

Sleeping:

- Tent (1-6 people)
- Footprint and stakes
- Pillow (Optional)

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Backpacking

Personal Gear:

- Expedition Backpack (40-70 Liters)
- Backpack Rain Cover
- Long underwear or leggings
- Long sleeve shirt
- Insulated jacket
- Insulated Fleece
- Insulated or fleece pants
- Gaters (if required due to specific conditions)
- Boots or hiking shoes
- Socks (synthetic or wool)*
- Glove or mittens
- Warm hat
- Waterproof Jacket
- Waterproof pants
- Sleep layers
- Extra socks
- Sunglasses
- Toiletries
- Nalgene Water Bottles
- Thermarest/zlite pad
- Sleeping bag (20 degree or less)
- Sleeping Bag Liner (optional, based on weather)
- Headlamp
- Trekking Poles
- Stuff Sack for clothes

Safety:

- First Aid Kit
- Hand Sanitizer
- Handwarmers
- Satellite Phone
- Bear Canister/Bag
- Repair Kit
- Map of area*
- Compass
- Bathroom Kit*
- Rope for hanging bear bag
- Tarp for rain shelter
- Water Filter if necessary

Misc:

- Extra Batteries

- tent lights (optional)
- Cards
- Fire Starting Kit
- Knife
- Solar string lights (for the vibe)
- Microspikes or crampons (depending on location)

Cooking/Cleaning Gear

- Stove and Fuel
- Pot/Pan for cooking
- Matches/lighter
- Bowls and Mugs (per person)
- Eating Utensil (per person)
- Cooking Utensils
- Backcountry Soap
- Small Towel
- Couple of Gallon Ziplocks

Sleeping Equipment

- Backpacking Tent (1-4 people)
- Footprint and stakes
- Pillow (optional)

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Winter Sports

Snowshoeing:

Clothing:

- Gloves
- Jackets: insulated puffy and fleece and rain jacket
- Pants: insulated, waterproof/rain
- Vests
- Leggings
- Hats
- Gaiters
- Winter hats
- Wool socks*

Equipment:

- Snowshoes
- Water-proof boots
- Trekking poles

Ski/Snow Boarding:

Clothing:

- Waterproof warm gloves
- Waterproof jacket
- Waterproof pants
- Warm layers
- Hats
- Socks (synthetic or wool) *

Equipment:

- Goggles
- Helmet
- Sport-specific boots

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Water Sports

Equipment:

- PFD (Personal Floatation Devices, or “Life Jackets”)
- Dry Bag
- SUP Board
- Sunglasses
- Sunblock

Indoor and Outdoor Climbing

Indoor Climbing

Equipment:

- Climbing shoes
- Chalk bag
- Harness

Outdoor Climbing

Clothing:

- Gloves
- Appropriate clothing for environment

Equipment:

- Climbing shoes
- Climbing Helmet
- Chalk bag
- Climbing rope
- Harness
- Crash Pad