



## Clothing and Equipment List for Campers & Leaders

The following list of clothing and equipment is essential for your safety. We ask you trust this list; despite the weather at home or the advice from others. Don't deviate: severe cold weather is possible all summer long in the mountains. If you want to save money, consider borrowing or buying used gear.

### MANDATORY

#### CLOTHING

- Hiking Boots (see note below)
- Old Tennis Shoes or sport sandals –  
for creek crossing/basecamp
- Wools Socks (3 pair)
- Warm Pants
- Shorts (2 pair, not cotton)
- Hat or Visor
- Underwear (2 pair)
- Long Underwear (top/bottom, not cotton)
- T-shirts (2, not cotton)
- Warm Jacket
- Wool or Fleece Stocking Hat
- Wool or Fleece Gloves/Mittens
- Bandanas (2-3)

#### EQUIPMENT

- Sunglasses
- Small Bible (Old/New Testament)
- Small notepad & pen
- Flashlight/head lamp with extra batteries

#### PERSONAL

- Glasses & Contacts
- Chapstick with SPF
- Sunscreen (at least 15 SPF)
- Toothbrush & Toothpaste
- Personal Medication – all medication will  
be turned into the guides to carry and  
administer
- Insect Repellant
- Towel & Set of Clothes for the trip Home

### OPTIONAL

- Down Jacket
  - Wind or Rain Pants
  - Rain Jacket
  - Antibacterial Hand Cleaner
  - Camera –cell phones are not allowed on  
the trail
  - Disposable Cleaning Towelettes
  - Crazy Creek – rentals available for \$10
- \*\* DO NOT bring a knife or biodegradable soap

We will provide all other necessary mountain gear (i.e. backpacks, sleeping bags, tents, stoves, food, First-Aid, eating utensils, climbing equipment, rain jackets)

**On Boots:** You will travel on rugged terrain both on and off the trail which requires a good quality hiking boot. Please consider the following guidelines for boots

- Above the ankle
- Medium weight leather with Vibram soles
- Waterproof
- Thoroughly broken in before you come

**On Cotton:** Please don't bring any cotton clothes. If cotton gets wet it will take a long time to dry in the mountains and could lead to hypothermia

If you choose to bring your own equipment, please be sure it is adequate for a six day experience in the mountain environment. In order to insure your safety, your guides will have the final say about what goes out on the trail.