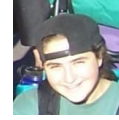
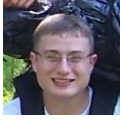


E Q U I P M E N T L I S T



Rockies Trip

Proper clothing and equipment will make the difference between having fun and being uncomfortable and unsafe in case of inclement weather. Our equipment and skill keeps us warm, dry, and well-fed most of the time. Some wilderness travel equipment is often expensive; it maybe better for you to borrow equipment. If you plan on making a habit of wilderness travel think of the costs as an investment. Good raingear and a quality sleeping bag will last for years

When choosing your clothing, cotton should be your last choice. When cotton gets wet, it looses its ability to insulate your body from the cold and takes a very long time to dry. Better choices are wool or fleece for warm clothes and nylon (like swishy pants or “athletic”-type shorts) or breathable synthetic fabrics for cooler clothes. You might not use all of the clothing you bring, but we must have it to be prepared for anything that comes our way. Despite our best efforts to prepare for all weather and occurrences, you might still be uncomfortable at some point during the summer.

Don't worry about over-packing; just bring to camp what you think you might need for clothing. We'll help you decide what you'll need on the trail, and you can leave the rest at camp. Do keep in mind that smaller is better, as you'll be carrying everything you need, plus group equipment in your canoe and across portage trails.

Items in the required column with the word “Yes” are required for this trip and we can not send you out unless you have them. A smiley face “☺” denotes optional items that are recommended. Finally, items with the word “No” are not required for you to have.

Lastly, please note that Camp Gray will provide group gear (tents, stoves, food, etc.) for this trip. Please call Camp Gray at (608) 356-8200 with any questions about the trip, group gear, or items on this list.

Footwear				
Equipment	Required	Quantity	Comments	Check List
Hiking Boots *Hiking only	No	1 pair	We require boots because they decrease the likelihood of rolling an ankle. Waterproof is best. They must be worn-in to prevent blisters on the trip.	
Camp Shoes	Yes	1 pair	Old athletic shoes or sandals with a heel strap, to wear around our campsites. Do not buy anything, just find some old comfortable shoes.	
Socks	Yes	2-3 pair	Thick wool or synthetic socks	
Liner Socks	No	1-2 pair	Some people like to wear thin synthetic socks under their hiking socks. It helps prevent blisters by reducing friction.	

Upper Body				
Equipment	Required	Quantity	Comments	Check List
Base Layer / Long Johns	Yes	1	Capilene, polypropylene, or other synthetics. No cotton.	
Sweater / Jacket	Yes	1	Wool sweater, fleece pullover / jacket, or a synthetic filled jacket to keep you warm.	
Rain Jacket	Yes	1	A lightweight waterproof jacket. Should be made out of nylon, or a breathable fabric (like Gore-Tex). Plastic items are ok but with heavy use they tend to rip and leak.	
T-shirt	Yes	3	Long or short sleeve cotton or lightweight synthetic shirt. Cotton is OK!	

Lower Body				
Equipment	Required	Quantity	Comments	Check List
Base Layer / Long Johns	Yes	1	Capilene, polypropylene, or other synthetics. No cotton.	
Long Pants	Yes	1	A pair of pants that are not made of cotton. (No jeans!) These pants could be made of nylon, fleece, or any other synthetic fabric.	
Rain Pants	☺++	1	Lightweight waterproof pants. Should be made out of nylon, or a breathable fabric like Gore-Tex. Plastic items are ok but with heavy use they tend to rip and leak.	
Shorts	Yes	1-2	These can be made of any fabric including cotton. They are not essential in keeping you warm. Make sure they are comfortable; you will be hiking/paddling for many hours in them.	
Swimsuit	☺	1	We prefer that females wear one-piece swimsuits. Males; select a swimsuit to double as one of your pairs of shorts.	
Briefs / Sports Bras	Yes	1-2	Whatever you have is fine. Briefs or boxer-briefs are recommended for men; women should use whatever is comfortable for physical activity.	

Head, Neck and Hands				
Equipment	Required	Quantity	Comments	Check List
Cap / Wide-Brim Hat	Yes	1	A hat will protect your face from the sun. A wide brim hat will also protect your ears and neck.	
Fleece / Wool Hat	Yes	1	Even though it is summer, it can still get cold at night. Keeping your head warm is essential to keeping your body warm and your spirits up.	

Bug Head Net	☺	1	This piece of equipment will keep the mosquitoes off your face. It is cheap and more than worth its weight in gold.	
Light Gloves	No	1	To keep your hands warm and the mosquitoes off.	

Packing and Storage				
Equipment	Required	Quantity	Comments	Check List
Backpack*	No	1	A pack designed for backpacking. The pack should be around 5000 cubic inches in size. If you have questions about the size/type of backpack, please call Camp.	
Trash Bags / Compactor Bags	Yes	3-4	These will be a double-insurance to “waterproof” your belongings inside your dry bag. Be sure to get durable bags that are quite large.	
Small Bag	☺	1	To store stuff you decided to leave at camp.	

Sleeping Gear				
Equipment	Required	Quantity	Comments	Check List
Sleeping Bag*	Yes	1	Bulky cotton sleeping bags will not work for this trip! Down or synthetic bags that squish into a stuff sack are what you need. We have a few at camp, so call if you need to borrow.	
Sleeping Pad*	Yes	1	This is a vital piece of equipment; it insulates your warm body from the cold ground. We have a few at camp, so call if you need to borrow.	

Miscellaneous Items				
Equipment	Required	Quantity	Comments	Check List
Sunglasses	☺	1	Any sunglasses with UV protection will do fine.	
Bandanas	☺	1-2	Very useful for a multitude of needs: hanky, dew rag, pot holder, etc...	
Lip Balm	☺	1	Stick with SPF to keep your lips moist and unburned.	
Insect Repellent	☺ +	1	A small bottle or tube. No aerosol spray cans.	

Miscellaneous Items (Continued)

Equipment	Required	Quantity	Comments	Check List
Trekking Poles	No	1 set	These poles are very helpful for people with past head, neck, back, or knee injuries. They also help keep your head up to enjoy the scenery. (Backpacking Trips Only)	
Sun Screen	Yes	1	Small tube with a high SPF.	
Headlamp / Flashlight	Yes	1	Start the trip with new batteries and you won't need to worry about them running out.	
Glasses / Contacts	Yes, if you use them	1-2	If you need glasses / contacts to see clearly, please bring them. If you have an extra set, it's a good idea to have a back up.	
Personal Toiletries	Yes	1	Toothbrush, Toothpaste, Brush / Comb, Feminine hygiene products, etc... Recommend keeping these as small as you can. Travel size is fine.	
Medications	Yes, if you take any	- / +	Must be kept in the health center until you leave on trail, then kept in the "meds" dry bag.	
Small Towel	☺	1	To save space, cut a piece off an old towel. Or a quick dry camp towel works great	
Camera	☺	1	A waterproof, disposable, or old camera that you wouldn't mind breaking is best. That way if you drop it in the water you have not destroyed your nice digital.	
Pillow / Backpack	☺	1	To store things in/ use during the car ride.	
Bible	☺	1	A small copy of The Good Book is nice to have.	
Knife	☺	1	You are welcome to keep a knife in your possession. Campers are asked not to bring this item.	
Cell Phone	☺++	1	Counselors will be asked to carry a cell phone on trail (with the med kit) to be used in case of emergency. We ask that you spend this week disconnecting, though you may want your phone to double as your camera.	

Items Not to Bring on Trail				
Equipment	Required	Quantity	Comments	Check List
Illegal Substances	No	0	In accordance with State Law, Federal Law, and Camp Gray's policies, alcohol, tobacco, and illegal substances are not permitted on trips.	X