



Adult Base Camp

## Packing List

- \* **Hiking Shoes** - If you have hiking boots, great! If you do not, an athletic shoe designed for walking or running should work fine. When making your shoe choices, consider traction (think a mountain bike wheel vs. a road bike wheel), a closed toes, good support, and a secure fit on your foot. Make sure to break in your shoes before you arrive in Colorado; your feet will thank you! If you are unsure about your shoe choice or how to break them in, contact the Camps & Conferences office, and we will help you.
- \* **Fleece jacket, pullover, or sweatshirt** - It WILL be COLD! We will even encounter sporadic snow while hiking!
- \* **Rain jacket or poncho** - A lightweight, water PROOF (not water resistant) jacket with a hood is best.
- \* **5 or 6 shirts** - If you have athletic shirts made from synthetic, wicking, quick-drying material, bring those. Stay away from cotton as much as possible.
- \* **1 long sleeve shirt** - for layering under or over your short sleeve shirts.
- \* **2 or 3 pairs of pants** - Bring pants that allow for a wide range of motion; cotton or denim jeans won't be the most comfortable option.
- \* **1 or 2 pairs of shorts**
- \* **Pajamas**
- \* **Swimsuit** - to wear under a wet suit during white water rafting
- \* **Camp shoes** - tennis shoes, sport sandals, Crocs, etc. for hanging out around camp.
- \* **Shower Shoes/Sandals** - You need shoes, that are okay to get soaking wet, to wear if you choose to go whitewater rafting; bare feet will not be an option. You can wear sandals, but they must strap on your feet (no flip flops).
- \* **Wool or fleece hat** - for chilly nights and mornings
- \* **Gloves or mittens**
- \* **Sunscreen**
- \* **1 reusable water bottle** - We recommend a 32 oz, wide-mouth water bottle, but even an old Gatorade bottle will do.
- \* **1 bandana**
- \* **Headlamp or flashlight** - with fresh/extra batteries
- \* **Toiletries** - toothpaste, floss, small bottle of unscented lotion, shampoo, etc. Travel sizes are recommended.
- \* **Towel** - 1 for showers and another if you intend to participate in the white water rafting activity.
- \* **Bible**
- \* **Pen**
- \* **Hat with a brim** - At Duncan Park's elevation, the sun is much closer than in Texas. You will appreciate this portable "shade" very much!
- \* **Small backpack for day hikes**

### Optional:

- \* **Sunglasses**
- \* **Playing cards or other games**
- \* **Camera** - keep in a zip lock baggie. A small padded carrying case is also recommended.
- \* **Wrist watch**
- \* **Fishing pole and gear**

### We will provide:

Linens, Pillows, Blankets

### Please do not bring:

- \* Drugs, alcohol, or tobacco products
- \* Fire arms, Knives, Fireworks
- \* Laptop Computers
- \* Hair dryers, curling irons, etc.

### Good sources for gear:

[www.rei.com](http://www.rei.com)  
[www.rei.com/outlet](http://www.rei.com/outlet)  
[www.campmor.com](http://www.campmor.com)  
[www.wholeearthprovision.com](http://www.wholeearthprovision.com)