



ROCKY MOUNTAIN HIGH INFORMATION, CLOTHING & EQUIPMENT LIST

The attached list will help you assemble personal gear for your activities during the RMH program. It may seem like there is more than you need, but mountain weather is very unpredictable. Please note the following as you are preparing for your week at Spring Canyon:

- You will stay at Camp Buxton in small cabins with bunk beds.
- Showers and restrooms are in the nearby bathhouse.
- Spring Canyon will provide all meals and gear for cooking and eating as needed.
- Temperatures may range from the mid 80's during the day to freezing at night. Rain and/or snow showers are **HIGHLY PROBABLE**, especially at the higher elevations. We have **VERY** limited clothing to loan out and no suitable rain gear, so while we don't want you to buy items that you may never use again, it is important that you come prepared.
- Remember: "Cotton Kills" in the mountains. Cotton clothing, when wet, won't insulate and actually draws away body heat, so you shouldn't plan to use it as an insulating layer on the 4-day trek.
- Please do not plan to wear cotton socks during Trek! Wool or synthetic materials (Polypropylene, spandex, polyester blends, etc.) tend to work best.
- Please bring proper hiking shoes for the trek (no tennis shoes). Injured ankles are a liability in the backcountry.
- Be prepared to raft, climb, rappel, hike, camp, find fellowship and have lots of fun.

We are looking forward to seeing you this summer!



RMH Packing Guide

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| <input type="checkbox"/> Shorts | <input type="checkbox"/> Whistle** |
| <input type="checkbox"/> Long pants (hiking pants are best) | <input type="checkbox"/> Lighter** |
| <input type="checkbox"/> 2 Short-sleeve and 2 Long sleeve non-cotton shirts | <input type="checkbox"/> Wool or synthetic blend hiking socks (3 pair for trek) |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Tent (one per 2 people)** or hammock |
| <input type="checkbox"/> Pen/pencil | <input type="checkbox"/> Sleeping bag** |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Sleeping pad** |
| <input type="checkbox"/> Toiletries (shampoo, toothbrush, toothpaste, razor, deodorant, shower shoes, feminine products, contact solution, etc) | <input type="checkbox"/> 1 Water bottle (can be purchased at SC) |
| <input type="checkbox"/> Rafting shoes (must have ankle strap or tie on, close-toed are best) | <input type="checkbox"/> Backpacking chair (if desired)** |
| <input type="checkbox"/> Tennis shoes | <input type="checkbox"/> Daypack or Camelbak |
| <input type="checkbox"/> Swimsuit (for rafting if desired) | <input type="checkbox"/> Backpacking backpack** |
| <input type="checkbox"/> Warm layers (non-cotton) - long sleeve shirt, insulating jacket, etc. | <input type="checkbox"/> Bible (small, non-electronic)** |
| <input type="checkbox"/> Rain gear | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Hiking shoes w/ ankle support | <input type="checkbox"/> Hat (baseball or similar) |
| <input type="checkbox"/> Warm hat (beanie) | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Gloves (lightweight) | <input type="checkbox"/> Bug spray |
| <input type="checkbox"/> Flashlight** or headlamp | <input type="checkbox"/> Chapstick |
| <input type="checkbox"/> Camping mug** | <input type="checkbox"/> Combat wipes (biodegradable wipes for trek - some are provided, but you may also want to bring your own as long as they are biodegradable) |
| <input type="checkbox"/> Spoon** | <input type="checkbox"/> Prescription medications |
| | <input type="checkbox"/> Pocketknife (optional) |

** can be checked out at Spring Canyon