



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.

- 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 **PROBABLE**, especially at high 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 trek.
- Please do not plan to wear cotton socks during Trek! Synthetic materials (Polypropylene, spandex, polyester blends, or wool) 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.



RMH Packing Guide

- Shorts
- Long pants (hiking pants are best)
- 2 Short sleeve and 2 long sleeve non-cotton shirts
- Underwear
- Journal/notebook and pen/pencil
- Socks
- Toiletries (shampoo, toothbrush, toothpaste, razor, deodorant, feminine products, contact solution, etc)
- Towel
- Rafting shoes (must have ankle strap or tie on, no Crocs!)
- Tennis shoes
- Swimsuit (for rafting and hot springs)
- Warm layers (non-cotton) - long sleeve shirt, insulating jacket, etc.
- Rain gear
- Hiking shoes w/ ankle support
- Warm hat (beanie)
- Gloves (lightweight)
- Flashlight** or headlamp
- Camping mug**
- Spoon**
- Whistle**
- Lighter**
- Wool or synthetic blend hiking socks (3 pair for trek)
- Tent (one per 2 people)** or hammock
- Sleeping bag**
- Sleeping pad**
- 2 Water bottles (Nalgene size)**
- Backpacking chair (if desired)**
- Daypack or Camelbak
- Backpacking backpack**
- Bible (small, non-electronic)
- Sunglasses
- Hat (baseball or similar)
- Sunscreen
- Bug spray
- Chapstick
- Prescription medications
- Pocketknife (optional)

** can be checked out at Spring Canyon