

REQUIRED:

CLOTHING

	DESCRIPTION	EXAMPLES	
<input type="checkbox"/> Hiking Boots	Waterproof models will keep your feet happy in the rain!	<i>Gore-tex</i> Keen Targhee II Mid	
<input type="checkbox"/> Lightweight camp shoes	For stream crossings and around camp. Sandals, running shoes, or Crocs work well. If you want to step into streams or lakes, you must have these.	Crocs Sanuks	
<input type="checkbox"/> 2-3 pair Wool Socks	You'll need a few pairs of socks so that you can always wear a dry pair. Mid weight options are usually best.	Icebreaker Browning Hosiere	
<input type="checkbox"/> Underwear	Synthetic or wool work best. 2 pair.		
<input type="checkbox"/> Base Layer Bottom	Wear under your pants when it gets cold. Some people bring thick leggings or fleece pants.	Patagonia Midweight Rab Nucleus Fleece Terramar Thermolator II (Best Buy)	
<input type="checkbox"/> Hiking pants	A pair of synthetic pants for hiking. When it gets windy and cold you'll be glad you have these.	Prana Stretch Zion OR Ferrosi	
<input type="checkbox"/> Non-cotton T-shirt	While hiking, it can get really warm! Non-cotton options are best because they dry quickly.	Prana Terra SS Champion Powertrain	
<input type="checkbox"/> Fleece / base layer	Synthetic or wool to trap heat next to your body & wick moisture away from your skin. We like wearing a light synthetic t-shirt under a warmer, lightweight grid fleece.	Patagonia Capilene 3 Crew LLBean Polartec Power Dry Midlayer Terramar Ecolator CS Hoodie (Best Buy)	
<input type="checkbox"/> Insulating Layer	200+ fleece, 60+ g synthetic, or down We like mid-weight down the best, but synthetic options are all the rage these days. A thick fleece from a thrift shop works too.	Patagonia Down Sweater REI Down Hoodie ZShow Down (Best Buy)	
<input type="checkbox"/> Rain Jacket	A layer you can put on over your base or mid layer to block wind / precipitation. This layer should be relatively lightweight and MUST be totally waterproof	Patagonia Torrentshell Marmot Precip Frogg Toggs (Best Buy)	
<input type="checkbox"/> Beanie	A warm hat to keep your head warm! Tight knit wool works the best. If all your other layers have hoods you may not need a beanie.	Marmot Summit Hat BD Ben Beanie	
<input type="checkbox"/> Hat with visor	A cap to help shield your eyes from the sun.	Patagonia LoPro Truckers	

REQUIRED

PERSONAL

- glasses and contacts (bring extras if you have them)
- chapstick with SPF
- sunscreen (at least SPF 30)
- toothbrush / toothpaste
- any personal medications, in a Ziploc bag

EQUIPMENT

- small notebook
- pen or pencil
- sunglasses
- headlamp or flashlight
- water bottle (at least 2)

OPTIONAL

- bandana or buff
- fleece pants (camp wear)
- waterproof / breathable pants
- camera
- your own backpack (50L-75L)
- your own sleeping bag (0-20 degree)
- your own climbing shoes
- swimsuit – depending on snow melt, there may be rivers and lakes to explore.

PROHIBITED (in the backcountry) Phones, iPods or MP3 players and alcohol.

PLEASE CONTACT US IF YOU HAVE ANY QUESTIONS