Climb and Hike Winter Break Trip Packing List

\*All items on the packing list are REQUIRED unless otherwise noted

**Required items**

* **Sun hat/Baseball cap**
* **Insulating hat** (beanie) –synthetic/wool
* **Hiking/Approach shoes**♦ -- closed toed only. Does not need to be over-the-ankle
* **Socks** –wool or synthetic (3+ pairs)
* **Gloves** –lightweight synthetic/wool
* **T-shirts** –No Cotton! (2+)
* **Long underwear top & bottom** –No Cotton (check labels!!!)
* **Insulating jacket** –mid-weight fleece or wool
* **Insulating jacket** –heavy-weight or down
* **Waterproof jacket**♦
* **Pant** –nylon/synthetic, No cotton
* **Waterproof pant**♦

**Required Equipment**

Camping

* **Sleeping bag & stuff sack**♦ (minimum 20 degree rating)
* **Sleeping pad** ♦–closed-cell foam or inflatable
* **Water containers**♦ –2 liters MINIMUM (1 liter MUST be a hard-sided bottle)
* **Day pack**♦ –20-30L/1,200-1,800 cu. in. minimum. For carrying items hiking or to the rock (school backpack or larger)
* **Backpack or Duffel** – this will be your main pack for keeping all your things together at camp.
* **Headlamp/Flashlight**♦
* **Cup/bowl/spoon/fork**
* **Personal hygiene/contacts-glasses/medications**
* **Sunglasses**
* **Sunscreen**

Climbing

* **Climbing shoes**♦

**Optional items –**many are Highly recommended

* **Knife/multi-tool --**(remember to check that bag if you fly!)
* **Insulated pants** –(fleece, synthetic fill, etc.)
* **Shorts/extra pant** –cotton OK. Synthetic = better
* **Extra T-shirt/long-sleeve** –cotton OK
* **Sandals/extra shoes** -- for the drive, hanging
* **Spare eyeglasses** (contact solution may freeze overnight)
* **Nylon cord**
* **Camera & film** (ha ha ha, yeah right)
* **Bandana**
* **Watch with alarm clock**
* **Cards/games/distractions**
* **Small camp/backpacking chair**♦

**Optional Equipment (these will be provided, but please let us know if you plan to bring your own)**

Camping

* **Tent**♣

Climbing --must be approved by staff!

* **Helmet**♣
* **Harness**♣

**Additional items provided by Outdoor Programs:**

Stoves, Fuel bottles/Fuel, Climbing ropes, Anchor material, Belay devices, Loo kits, Cook kits, Food, Pot sets, Guide books, Lighters, Rock Climbing rack, Bouldering pads

**Please do not bring**: Illegal drugs, Alcohol, Tobacco or nicotine products (this is a nicotine-free trip), Rx meds w/o a prescription, Sheath knives

Note: if you need help finding specific items, please let us know!