

CHALLENGE ADVENTURES
TWO AND THREE DAY SUMMER TRIPS IN THE MOUNTAINS
CLOTHING AND EQUIPMENT LIST

Sometimes it can get cold even in the summer in the mountains at high altitudes where we will be hiking. The temperatures in the daytime can be between 60 degrees and 90 degrees. At nighttime, the temperatures can be between 35 degrees and 60 degrees. It is usually around 80 degrees during the day and 50 degrees at night. To stay warm, the trick is to layer your clothes. So, if it is 40 degrees, you can put on a t-shirt, a long sleeve shirt, a light fleece jacket and your rain gear, and you'll be plenty warm. Corduroy pants or quick-dry fabric are better than blue jeans because they dry much quicker if they get wet. Cotton is less than useless if it gets wet. It will actually wick heat away from your body. But fleece and wool will keep heat in even if they are wet.

Clothing for summer trips is similar to the spring and fall trips for many items. However, even for summer you will need good rain gear, hat and a warm jacket. Please bring everything on the list below. The personal items and what not to bring are the same as listed in Spring and Fall list.

THREE PAIR OF SOCKS. Wool is best, because it keeps you warm even when it is wet. But heavy cotton socks will work.

STURDY WALKING SHOES OR HIKING BOOTS THAT ARE BROKEN IN.

The three important things are ankle support, non-skid soles and keeping your feet dry. So if you can't get anything else, try to borrow a pair of hiking boots from someone or wear sports shoes that come up to your ankle.

RAIN GEAR - ponchos and rain suits are best. If you use the thin, inexpensive ponchos, from places like K-Mart, get two, because they tear easily.

TWO T-SHIRTS

A **LONG SLEEVE SHIRT** (also good to avoid sunburn)

A **WINDBREAKER**

ONE PAIR of loose blue jeans,, quick dry or corduroy pants

ONE PAIR OF SHORTS

Pajamas or something similar **TO SLEEP IN**

SOFT-SOLED CAMP SHOES, like flip-flops or sneakers, to wear around camp or to put on if your shoes get wet

THREE PAIR OF UNDERWEAR

TWO BANDANNAS to keep the sun off your neck, the sweat out of your eyes and other useful things

A HAT WITH A BRIM

Please contact us for more information if you are going on a trip longer than 3 days/2 nights and we will help you prepare.