

**CHALLENGE ADVENTURES
PERSONAL CLOTHING AND EQUIPMENT LIST
SPRING/FALL IN THE MOUNTAINS
FIVE DAY TRIPS**

Sometimes it can get cold in the spring and fall summer in the mountains. The temperatures in the daytime can be between 40 degrees and 70 degrees. At nighttime, the temperatures can be between 20 degrees and 50 degrees. It is usually around 60 degrees during the day and 40 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. Quick dry pants 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.

When it rains in the mountains, it really rains! And when it snows, it really snows. So good rain gear and a good sleeping bag are important. To be sure that you are warm, safe and comfortable, here are the things you need to bring. **The list includes what you are wearing.** If you need to buy any of the clothes on the list, the best place to look first is a thrift store, like the Salvation Army. The llamas will carry your sleeping bag and ground pad, but you'll need to carry your clothes and personal items, so pack light!

We will provide your sleeping bags, ground pads, eating gear water bottles and backpacks. Please put your clothes in a plastic bag, with the clothes rolled up to save space. That way, we can just drop them down into the packs when we meet at the trail head. Put a change of clothes in a bag and leave it with your transportation, so you can change if you need to when we get back

CLOTHES

Four pair of socks. Wool is best, because it keeps you warm even when it is wet. If you can, bring two or three polypro liner socks.

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.

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.

Three t-shirts

A wool or light fleece long sleeve shirt

A fleece or wool jacket

Two pair of quick dry pants

Polypro or similar long underwear

A pair of shorts

Pajamas or something similar to sleep in

Soft-soled camp shoes, like flip-flops, to wear around camp or to put on if your shoes get wet

Five 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

Ear protection, like earmuffs or, better yet, a wool or fleece toboggan hat

Gloves

PERSONAL EQUIPMENT

sunglasses small flashlight with extra batteries toothbrush dental floss
lip balm (like Chapstick) sun screen notebook and pencil comb camera and film
(if you want)
thin washcloth and very small towel personal hygiene items (like tampons)
medications you are taking

THINGS NOT TO BRING

Food - all the food will be provided. If you have food in your pack or in your tent, you are inviting the skunks and raccoons to come visit you.

Knives or other types of weapons

Soap or toothpaste - it changes the ecology and we'll make sure you have what you need to keep clean (we use handiwipes and twigs from certain trees to brush our teeth).

More clothes than are on the list - you'll just have to leave it behind