

**CHALLENGE ADVENTURES
PERSONAL CLOTHING AND EQUIPMENT LIST
SUMMER IN THE MOUNTAINS
FIVE DAY TRIPS**

Sometimes it can get cold in the summer in the mountains. At nighttime, the temperatures can be between 35 degrees and 60 degrees. The temperatures in the daytime can be between 60 degrees and 90 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. 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 body heat in even if they are wet. When it rains in the mountains, it really rains! 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 or Goodwill. The llamas will carry your sleeping bag and ground pad, but you'll need to carry your clothes and personal items in a backpack, so pack light!

We will provide your sleeping bags, ground pads, cup, plate, eating utensils, water bottles and backpacks. Please put your clothes in a plastic bag, with the clothes rolled up tightly 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 on the bus/van, so you can change if you need to when we get back at the end of the trip

CLOTHES TO BRING

- Four pair of socks. Wool is best, because it keeps you warm even when it is wet. But heavy cotton socks will work. 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 or wear sports shoes that come up to your ankle. Use waterproofing spray so they will keep your feet dry.
- Rain gear – thicker plastic or nylon ponchos and rain suits are best. If you use the clear, thin, inexpensive ponchos from places like K-Mart, get two or more, because they tear easily.
- Three t-shirts
- Five pair of underwear
- A flannel or light wool long sleeve shirt
- A light fleece (not cotton) or wool jacket

- One pair of quick dry pants (nylon or other synthetic – not cotton)
- Two pairs of shorts
- Thin 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
- Two bandannas to keep the sun off your neck, the sweat out of your eyes and other useful things
- A hat with a brim

PERSONAL ITEMS TO BRING

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

THINGS NOT TO BRING

Food, candy, gum or snacks - all the food and snacks 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 (you can use handi-wipes to wash your body and twigs from certain trees to brush your teeth).

Any electronic games or gadgets – they are not allowed in the wilderness areas where we go. You may use a cellphone to take photos but not for calls or texting while on the trail. There is no cell reception in the remote mountain areas anyway.

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