

**CHALLENGE ADVENTURES
PERSONAL CLOTHING AND EQUIPMENT LIST
SUMMER IN THE MOUNTAINS
TWO AND THREE DAY GIRL SCOUT TRIPS**

Sometimes it can get cold in the summer in the mountains. 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. It may also rain, and when it does, 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. The llamas will carry your sleeping bag and ground pad, but you'll need to carry your clothes and personal items, so pack light!

CLOTHES

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 rainsuits 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

A windbreaker

One pair of loose corduroy pants or quick dry 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

Two 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

Backpack
Sleeping Bag and ground pad
Two, one quart water bottles
Eating Utensils, plate or bowl and cup

PERSONAL EQUIPMENT

sunglasses small flashlight with extra batteries toothbrush dental floss*
lip balm (like Chapstick) sun screen notebook and pencil* comb* camera and film*
washcloth and very small towel personal hygiene items (like tampons)

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.

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