

2016 Senior Trip

July 11-22

Packing List:

Packing List: **Bold items travel with you on the bus** (Cell phone service is limited; cameras, ipods, etc... are able to be charged while we are moving via the onboard charging station equipped with 12V DC, 120V AC, and 5V DC USB power.

1. Sleeping Bag (30 degree or below) pillow, blanket, sheet for air mattress
2. Air mattress/pump Therma-rest
3. Hat/gloves/sunglasses
4. **Water Bottle** and/or Camelback or daypack
5. **Backpack for for bus**
6. Rain Gear/poncho
7. Warm clothes (for layering), summer/fall clothes [10 Nights / 11 Days] Be sure to pack long sleeves and & jacket.
8. **Hoody/Coat/Fleece**
9. Chair in a bag (A chair in a bag packs way better than a standard lawn chair)
10. Hiking Shoes, **walking shoes**, camp shoes, shower shoes
11. Swim wear, water shoes/sandals with a strap for rafting.
12. **Camera & charger**
13. Sun screen & bug spray
14. 2 towels
15. **Toiletries:** toothbrush, soap, shampoo, etc... be careful with heavily scented hygiene products like hairspray, make-up, colognes, perfumes (unless you like sleeping with bears)
16. **Personal money for snacks and souvenirs**
17. 2 Carabiners (not climbing grade, but useful for in camp)
18. **Flashlight/headlamp**
19. Bandana/handkerchief
20. Pocket knife
21. **Money for souvenirs or extra snacks**

Outdoor Gear:

A few words on the gear you'll need... Experiencing the great outdoors in the places where we'll be camping and hiking will be an incredible experience. It will be challenging. For many people on the trip this may be the longest, most strenuous outdoor adventure you've ever attempted. Even so, the rewards that you'll have along the way will make the challenges that lie ahead incredibly rewarding. That being said, there are a few things that will make the experience more comfortable and attainable for you if you are willing to do a little planning and preparation as this trip approaches.

From the experienced hiker, to the beginner who's trekking for the first time, being sure to have the things that you need and anticipating the physical challenges, weather conditions, and any unanticipated problems that could arise can make the difference between having an unforgettably wonderful journey, or an experience that you'd rather soon forget. If you don't have a lot of gear that you'll find listed above or below, don't panic. You don't have to spend a lot of money in order to be prepared. In the grid provided, starting with the column to the left, you'll find items that you really need to make sure that you have. As you follow that item across the row on the chart you'll find creative ways to avoid having to spend a ton of money (if any at all) on those items, while still ensuring that you'll be as prepared as possible for anything that might come your way.

NECESSITIES	IT WOULD BE NICE TO HAVE...	COST SAVING IDEAS
Hiking Footwear - By far the most important necessity for the hike! A sturdy, broken-in shoe or hiking boot is preferred. If you purchase something new, be certain to wear it around for a few weeks ahead of time.	Hiking boots or trail hiking shoes are the best option. Good brands include: Merrell, Teva, Vasque, Keen, Timberland, Asolo. The Rusted Moon in Broadripple, or REI in Castleton are great for local purchases.	Any sturdy shoe will work, as long as its something you are used to walking in. Don't wear the old shoes you wear while mowing the lawn. Although they are broken in, you're not used to walking 14 miles at a time in them; blisters will result.
Hiking Socks - Good socks are not to be overlooked behind footwear. They wick away moisture and keep your feet dry and blister free.	Smart Wool is a fantastic option. Other synthetic workout/moisture wicking socks are great as well. Not wearing cotton socks is the key!	Sam's Club usually stocks a 3 pack of wool hiking socks for \$15. Sometimes a single pair of Smart Wool socks could run \$15 at Dick's.
Water Bottle / Water Bladder - You can plan to consume <u>at least</u> 3-4 liters of water per day on the trip. Plan to be able to carry at least 2 liters (64 oz) to stay properly hydrated between refills.	A Nalgene bottle, or a CamelBak water bladder are both great options. We will have the means to filter water on all of the trails we will be hiking on. Potable water will be available in camp as well.	A super cheap option is to buy a quart sized Gatorade bottle, drink the Gatorade, then refill it with water. Sam's Club has a Kelty brand 2L water bladder on sale currently for \$20.
Day Pack - Plan on having a comfortable small backpack to carry your water, lunch, camera, travel items, etc..	Some water bladders come in a great daypack in which you'll be able to carry everything you need. A book bag type backpack works great too.	No need to spend a ton of money on a backpack. We have large hiking backpacks that will be provided for the overnight backpacking that will take place.
Rain Gear - Weather conditions can change at high elevations in a matter of minutes. Afternoon rain showers are common in the mountains. Being prepared to stay dry in wet weather is a must.	A good water proof layer will keep you warm and dry. Waterproof breathable Gore-Tex or waterproof breathable nylon is best. A PVC type rain suit material will work too, it just may be a little hot on a long hike as it doesn't breathe as well.	A cheap emergency poncho can work okay, but it can sometimes be frustrating if you get into wind or driving rain, as the "one size fits all" isn't always most ideal. Walmart has breathable waterproof jackets as well as PVC rain suits for reasonable cost.
Sleeping Bag - The average daily temperature in July is 77 degrees. At night it can reach the upper 30's.	A mummy bag type sleeping bag that cinches up around your head is best, but a regular rectangle type bag can work, as long as it's rated to at least 30 degrees.	No need to buy a new sleeping bag if you've got one. Sleeping in fleece pajamas and a hoodie, or bringing extra blankets can make all the difference. Whatever you do, be prepared for the cold.
Camp Mat / Thermarest / Air Mattress - For sleeping on the ground you'll want a layer of protection from the cold that will offer you comfort as well with not a lot of bulkiness.	A simple inflatable air mattress will work fine. A Thermarest type inflatable matt would be best, but is expensive. Don't forget your mattress pump as well. We will have 12V and 120V power for pumps.	If you go with the air mattress route, please limit the size to a single/twin only. There simply will not be enough room in the tents for a larger queen/king air bed type mattress.

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Hiking Clothing - To keep yourself comfortable in any situation that may arise, please plan to have appropriate layers available for the hike. In addition to clothing, Trekking Poles (available 2 for \$20 at Walmart) are highly advised. Stay balanced, get two instead of one.	Avoid cotton (it takes a long time to dry from rain or sweat and doesn't keep you warm if it gets wet). Plan on a base layer t-shirt, a long sleeve fleece/or sweatshirt, shorts (or zip-off hiking pants), or long hiking pants. Avoid bluejeans. Look for moisture wicking materials.	Fleece or polyester long sleeve jackets or pullovers are cheap at Old Navy or Walmart. You'll find the same materials (polyester, nylon, polypro, Coolmax) in the workout & fitness section for about half of what you'd pay for "hiking" clothes at Dick's or REI.
Toiletries / Sundry Items - Expect to be able to take showers at reasonable points of availability, just not every day.	Plan on bringing your own towel, wash cloth, soap, shampoo, toothbrush, toothpaste, etc...	In camp there will be modern bathroom facilities (flush toilets) and sinks, but no hot water.
Tents - Based on our numbers we'll have the appropriate number of "guys" tents and "girls" tents. On the trail each person will have their own solo tent.	We have all of the tents necessary for both in camp and backcountry shelter needs. No need to worry about shelter, but if you may bring a backpacking hammock if you have one.	For an idea of the solo tents that will be provided for the backpacking portions of the trip check out the Eureka Solitaire. Of course you are always welcome to sleep out under the stars as well.
Meals & Snacks - 7-8 meals will be on the road. Part of the money that you have paid for your trip fee covers these meals. You will receive an envelope of cash on the way out and on the return trip as well to cover meals on the road.	Camp food will be cooked together and we'll develop a rotation for cooking duty / clean up duty. Trail food will be provided along with snacks for the trail. Please let us know of any dietary needs you may have and we'll try to work with you as best as possible.	The only additional snacks you may want to bring would be for traveling or to have on hand between meals. We promise to feed you well, so if you don't bring anything, it shouldn't be a problem.
Rafting Gear - You'll need a swimsuit, towel, and something to cover your feet (water shoes or tennis shoes), and sun screen.	You may rent a wetsuit and water shoes from MadRiver if you choose. Wetsuit rental is not covered in the cost of your trip, but no one has ever rented one either. Sometimes splash jackets are provided at no cost.	Water shoes are nice to have, but you may also wear sandals that strap around the heel. Flip flops or shoes that don't strap around the heel are not allowed. Many people have lost cameras, iPhones, etc, in the river; don't bring it if you don't want to lose it.
Miscellaneous Camp Gear - You'll also want some things like a lawn chair, bug spray, sunglasses, a hat, a flashlight or a headlamp, cup, fork, plate, etc...	A "chair in a bag" type of lawn chair works best, especially as we will be limited on luggage space. Cheap headlamps are available at Walmart or Lowes and are super convenient for digging through your luggage at night.	You might think you need bear spray, but at \$45 a can, you'll probably wonder if it's indeed necessary, and you'll be right in thinking that it's not. Traveling in a large group on hikes is a huge bear deterrent, and we have a few cans of bear spray already just in case.