



A few words about packing for the Northwestern US:

Mountain weather can change in an instant. It can be clear and sunny one moment, and snowing the next. You may get to enjoy several days of cold rain. Sun at high altitudes reflecting off the snow can burn you. One ill-prepared person can negatively affect the safety and fun of the entire trip. Please come prepared. We are preparing for a worst-case weather scenario with this clothing list, but safety comes first! The water bottles, insulation layers, and waterproof layers are very important on this trip!

Please turn this page over for a complete list of required items as well as some suggested items! ENJOY!

Essential Packing Tips

There is a balance between bringing too many clothing items and not bringing enough. Please follow our equipment list carefully. Please read “Additional Information on Equipment” for details about all of the required and optional gear we ask you to bring. Also keep in mind:

- We do laundry once during each trip. Bring a laundry bag; we’ll provide detergent and quarters.
- Leave your favorite clothes at home so they won’t get dirty, muddy, torn, or damaged.
- Everything you bring should be packed in your daypack (carry-on) or duffel (checked).
- PLEASE PUT YOUR NAME ON EVERYTHING!

1. Carry-on luggage: daypack

Your daypack is **ESSENTIAL**, and you will use it almost every day. A school book bag is the perfect size. Please pack your day bag accordingly:

- Your ID (passport if you’re going to British Columbia). If you are under 16 technically you don’t need an ID, but it’s nice to have.
- Please bring in your carry-on bag everything that you will need in camp in case your bags are delayed: fleece jacket, change of clothes, swim suit, raincoat, toothbrush and hairbrush (we’ll provide the “liquids or gels” if needed), prescription medications, sunglasses, warm hat, and any other personal essentials.
- **ESSENTIAL:** bring an empty water bottle and flashlight/headlamp in your daypack.
- Pack your cell phone, medications, iPod, wallet, passport, and return ticket in a ziplock bag with your name on it to give to your instructors in the airport.
- Please wear closed-toed shoes (not sandals or flip flops).
- Please wear clothes for the outdoors on the plane, in case of delayed bags: nylon shorts or pants, non-cotton shirt, baseball cap or sun hat



2. Checked luggage: a soft-sided duffel

Your duffel is where you store everything you don’t need for the day. You won’t carry everything on your back at once, but you may need to carry the duffel a short distance at camp.

- Please fit everything on the packing list into one soft-sided duffel bag with no wheels. Some airlines charge extra for one or more checked bag - please be ready.
- We strongly recommend a duffel without wheels. Wheels can damage other bags or instructors.
- Check with your airlines for size and weight limits on checked bags.





* Please see "Additional Information on Equipment" for details about each item listed
The following items are REQUIRED:

Head

- Wool/fleece hat or balaclava
- Wrap-around sunglasses for glare from snow
- Baseball cap or other warm-weather hat

Upper Body

- 1 rain jacket - windbreakers ARE NOT acceptable.
- 2 heavy fleece jackets or pullovers (NOT cotton!)
- 2 long underwear thermal tops made out of synthetic or wool materials.
- 1 long-sleeved cotton shirt
- 5-6 t-shirts or comfortable frontcountry shirts
- 2 short-sleeved thermal tops made out of synthetic or wool materials
- 1 pair waterproof gloves or mittens
- 1 pair fleece or wool gloves (NOT cotton!)
- 4-5 sports bras
- 1 clean outfit for your return trip.

Feet

- 5 pair wool or synthetic socks (no cotton)
- 4 pair comfortable socks for frontcountry use
- 1 pair hiking boots (broken in before trip)
- 1 pair water sandals w/a heel strap
- 1 pair of running or tennis shoes

Lower Body

- 1 pair rain pants
- 2 pair nylon pants ("zip-off" pants are ideal)
- 1 pair long underwear thermal bottoms made out of synthetic or wool materials.
- 1 pair comfortable pants for front-country camping
- 4 pairs shorts – at least 3 pair should be nylon shorts that will dry quickly if they get wet
- 7 pair underwear (use your best judgment)
- 2 swim suits (sports bras and water shorts are ideal)

Other Required Items:

- 1 day pack / book bag
- Headlamp (LED is the best option)
- 3 quart-sized water bottles OR 2 quart-sized water bottles and a 70+oz hydration bladder
- Toiletries
- 3-5 nylon stuff sacks to organize your gear
- 1 laundry bag
- Extra pair of glasses or contacts if you wear them. Bring a strap to keep your glasses on.
- Bring cash for an occasional personal item and for airport food. Don't forget about airline baggage fees and unaccompanied minor fees! \$50 beyond baggage charges is plenty.

The following items are optional, provided by Adventure Treks, or not allowed:

Optional Items:

- Camera and film
- Sunscreen/ lip balm (SPF 15 or higher)
- Insect repellent (small container)
- Zinc oxide (optional, but good while on the glacier)
- 3 Mixed CDs (for van rides only – with appropriate language please!)
- Paper, pens, stamps, envelopes, addresses
- A quick-drying chamois/pack towel
- Small journal to remember your best summer ever
- Crazy Creek chair or similar brand (not a folding chair)
- "Flair!" See Additional Info on Equipment

We will provide:

- Tent, cup, bowl, spoon, stoves, pots and pans, etc
- IF REQUESTED: Backpack, sleeping bag and sleeping pad (see Additional Information)

Items to be left at home:

Please do not under any circumstances bring any video-type games, radios, DVD players, pagers/beepers, weapons, fireworks, firearms, pocket knives, tobacco products, alcohol, illegal drugs, non-prescription drugs, or food (which includes gum and mints). Please leave all valuables at home. You will not need any jewelry, make-up, or fancy clothing.

***Space is limited. Please pack in a SOFT duffel bag without wheels.**

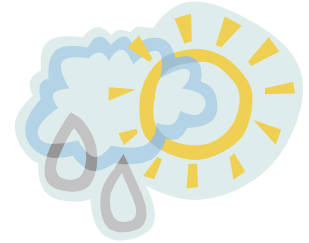
***Please see "Additional Information on Equipment" for details about each item listed here, plus recommendations on brands and pricing.**



Additional Information on Equipment

CAMPING OUT FOR 16 TO 29 DAYS: WHAT TO EXPECT

By definition, an adventure involves the unexpected – that’s part of the fun! It can be a wonderful growing experience to overcome difficulties and accomplish your goals in spite of the weather, but it is not as much fun if you are unprepared. Some Adventures are quite dry; others can be very wet at times. Weather is a serious element when you don’t have a nice warm house to provide refuge. The massive amount of information below will help you **“Prepare for the worst while you hope for the best.”**



It is important to provide the items on this list, but don’t get too stressed out about a particular brand or item. Just give us a call and we’ll help you understand anything you have questions about.

A principal factor affecting the safety and success of any trip in the wilderness is equipment. If you bring the proper personal gear, we’ll teach you how to use it. An instructor will double-check every student’s clothing and equipment to make sure they have the appropriate gear before the first backpack.

Here are a few key points to help you sort through the overwhelming options at the outdoor store.

- **Price** – Don’t break the bank looking for outdoor gear. Comparison shop so you know when to spend a little extra at the outdoor store or purchase more economical gear at stores like Target or Wal-Mart. Higher cost is not higher function on most items.
- **Function Over Fashion** – Proper fit is more important than how it looks. This is especially hard now that fleece has moved from the mountains to the mall. Try things on to make sure they fit properly. Be especially sure that warm outer layers fit over your long underwear layers.
- **Cotton** – A popular backcountry saying is, “Cotton is Rotten.” Cotton cannot provide insulation when wet and can take a very long time to dry, but it’s more comfortable when relaxing in camp. By bringing synthetic fiber clothing in addition to cotton clothing, you will be warm and comfortable no matter the conditions.
- **WATERPROOF RAINGEAR IS REQUIRED ON ALL ADVENTURES.** Double-check with a salesperson that you are buying *waterproof*, not *water-resistant* materials. Windbreakers are not acceptable raincoats. See below for details. Make sure that rain gear beads water and does not soak in water. Just because something has a fancy name brand does not mean that it is waterproof.
- **Break in your boots** to prevent blistering and possibly stress fractures. You need to walk **at least 20 miles** (it doesn’t have to be all at once) in your boots to ensure they are broken in prior to your trip. We’ll say it one more time: **BREAK IN YOUR BOOTS, PLEASE!**

PLEASE DO NOT BRING:

Please do not under any circumstances bring any video-type games, radios, DVD players, pagers/beepers, weapons, fireworks, firearms, pocket knives, tobacco products, alcohol, illegal drugs, OTC medications, or food (which includes gum and mints). Please leave all valuables at home. You will not need any jewelry, make-up, or fancy clothing. We cannot be responsible for your items that are lost, broken, or ruined during this trip, even if collected by instructors.

WE WILL COLLECT (and Adventure Treks is not responsible for):

- iPod – you can bring an iPod for the airplane only and we will redistribute them at the end of the trip.
- Cell Phones – You can bring these for the plane ride and for 2 to 3 calls home during the trip.
- Medications – We will provide any over-the-counter medications, so please do not bring these. We will collect prescription medications and distribute per your instructions.

CLOTHING FOR A SAFE SUMMER OUTDOOR ADVENTURE:

HEAD

- **Wool or Fleece Hat** (aka beanie, toboggan, cap) - A warm hat is the first step to keeping you toasty, and you will end up wearing this on most chilly nights (which is most nights).



- **Sunglasses with leash** - Wrap-around style, with or without polarized lenses. If your sunglasses aren't wrap-around, don't worry! We can create a low-tech glare barrier with duct tape.

Info: Glare from the water and snow is a big deal when you're outdoors.

* A leash is a must have for any water activities to keep glasses / sunglasses attached to you.



- **Baseball Cap or Wide-Brimmed Sun Hat** - You'll need some type of hat on hot days for sun protection.

- **Head Net** – **REQUIRED** in British Columbia, Alaska, Oregon and Ultimate NW. We recommend the inexpensive headnet with a brimmed hat underneath – options include metal frames and built-in hats, too.

Info: Incredibly dorky at home, but essential in an extremely buggy area. For a small investment (\$5-\$15), this can really make a buggy experience significantly more fun. Mosquito head nets are optional for all trips.



UPPER BODY

- **Long Underwear Top** – Light to mid-weight long underwear made with synthetic or wool fibers.

Popular Brands: any inexpensive non-cotton long underwear is fine; or more expensive Under Armour, Patagonia, Smartwool, REI, EMS, Columbia, and Duofold.

Info: This layer keeps you warm even when wet. If you have a choice of weights, get a variety so you can figure out what suits you.

TIP: Wash any polyester long underwear before wearing it because it will retain the first odor absorbed.

Wool doesn't typically hold odors, unlike synthetic fibers.



- **Fleece Jacket or Pullover** –200-weight fleece (more like a sweatshirt weight, less like a thin sweater)

Popular Brands: One should be a nice REI, EMS, Columbia, Patagonia, Mountain Hardware, or Cloudevil. One can be an inexpensive Old Navy-type fleece.

Info: Fleece rocks as your insulation layer! Make sure you have at least one real "200-weight" jacket (it will say 200-weight on the label). This is your jacket and your coat – just pile on your raincoat if you're cold! Be sure it will fit over other layers.



- **Rain jacket** – Waterproof-breathable parkas. Instead of a heavy coat or ski parka, layer your fleece and raincoat. Raincoats must have a hood and must bead water on the outside. Make sure your raincoat will fit over multiple layers of fleece and inner layers.

Popular Brands: Red Ledge, Patagonia, Marmot, Sierra Designs, Arc'teryx, and Mountain Hardware.

Don't skimp on your raincoat, but don't go overboard. \$80-100 will get you a great raincoat.

Info: A parka is best because it has a hood and covers your hips. We recommend "waterproof-breathable" materials because we will be active while wearing our rain jacket. Good raingear is totally worth the investment if you plan on spending a lot of time outdoors or skiing. The rain jacket is one of the first things we put on to stay dry, warm, or to ward off bugs.



- **Gloves or Mittens** – Fleece gloves or mittens are great so you can use your hands. Trips with more snow time should consider ski gloves or overmitts (photo here) in addition to fleece, but a pair of plain fleece gloves is enough for every trip.

Info: Gloves give you more movement for your fingers while mittens provide more warmth. **Overmitts** are very useful on the California Challenge, Ultimate Northwest and Alaska Adventures. Overmitts are like a rain jacket for your hands. They provide a shell layer to be used with fleece gloves or mittens to keep your hands warm and dry.



- **T-shirts** – Both cotton t-shirts and polyester (or non-cotton) shirts. You'll wear cotton at camp and non-cotton during the day. See long underwear tops for good brands. Cotton/polyester blend shirts are fine, too.

- **Long Sleeved Cotton Shirt** - This is better than sunscreen on a 3-day rafting trip. Not only does it keep you cool, but it blocks a lot of the UV rays.

- **Clean Shirt** - We go out to dinner at the end of each Adventure. Your clothes will be smelly by this time, so it is nice to unpack a fresh, clean shirt. You might put it in its own zip-lock bag for extra-freshness.

- **Sports Bras** - Girls, we recommend bringing 3-4 sports bras for your adventure (we do laundry during the trip). Make sure that the seams and straps are comfortable under your loaded backpack. Bring a dark colored, more conservative design, as sports bras are acceptable swim tops while rafting and as a cool top while backpacking.

LOWER BODY

- **Long Underwear Bottoms** – One to two pair of long underwear bottoms. See the Long underwear tops for more information. Light weight or silk weights are preferable over fleece for warmer trips!



- **Underwear** – Girls, we recommend a mix of cotton and synthetic underwear so you can have a choice of both. Boys, we recommend boxer-briefs or briefs in both synthetics and cotton for hot and wet conditions (you can wear boxers around camp – under your pants, of course!)

Info: Think quantity. We wash laundry once near the middle of a trip.

- **Shorts** – Nylon shorts with or without liners. Can be inexpensive gym shorts or “outdoor” shorts.

Info: Non-cotton shorts are best because they dry quickly if we go for an afternoon swim. If your packing list includes lots of shorts plus zip-off pants, you can count the pants as double-duty.

- **Swim Suits - Boys** - Shorts will work great for swimming. **Girls** – Sports bras and nylon shorts are perfect for a swim while backpacking. A one or two-piece suit is acceptable for water activities, but you will also want nylon shorts over your swim suit while rafting so the rubber on the raft doesn’t chafe your legs.

- **Nylon Pants** – A mix of nylon pants with “zip-off” legs (aka – convertible pants) or regular pants

Popular Brands: REI, EMS, and Ex Officio. **Inexpensive gym pants also work well.**

Info: Nylon pants are great for keeping the wind and bugs off your legs (just like your rain pants). The “zip-off pants” or pants with snaps up the sides are popular since it’s easier to change

TIP: *They’re not fashionable, but those convertible pants sure are nice in the woods!*



- **Rain Pants** – Waterproof pants come in a variety of prices – choose what’s best for your trip: adventures with long glissades (sliding down a snowy mountain) or use of crampons (spikes for your feet), tend to abuse rain pants. A reinforced seat and ankle area last longer, but can be expensive.

Info: You might consider side-zippers to get in and out of pants easier with clothes on. Rain pants keep bugs off, make warm and stunning evening wear, and ...if it is raining, they keep our legs warm and dry.



FEET - “Take care of the feet and they will take care of the miles.”

- **Hiking Boots** – TRY BOOTS ON! BREAK THEM IN! The most expensive pair is not the best.

Popular Brands: Merrell, Vasque, Montrail, Asolo, Salomon (different brands fit different feet)

Ask the salesperson for: a mid-weight boot for travel on rugged terrain for 4-6 day backpacking trips.

Height: We suggest ¾ to full-height boots to provide ankle support for growing bodies. Your boot should come up just above the ankle. Don’t get the popular heavy-duty running shoes – you’ll have your closed-toed shoes if you need a lighter option.

Weight: Our students need a light to mid-weight hiking boot.

Material: Get a mix of nylon and leather. All-leather boots are harder to break in and can be hot.



- **Tennis or running shoes (not crocs!)** - Please be aware that Adventure Treks requires closed-toed shoes for cooking to provide protection against possible hot spills. Adventure Treks also requires closed-toed shoes for playing field games. *For safety’s sake, students are never allowed to go barefoot at Adventure Treks.*

- **Water shoes** – Water sandals with a heel strap. Please do not bring flip flops or crocs.

Popular Brands: Chaco, Teva, Keen, Salomon, water shoes, 2nd pair of old running shoes.

Info: These shoes are essential for rafting and swimming in rocky streams or beaches. Whatever you use, **it needs to have a heel strap** so it fits securely on your foot in moving water.



- **Wool or Synthetic Socks plus cotton socks** – Bring mid to heavy-weight wool or synthetic socks for backpacks plus a few pairs of cotton socks to wear with your close-toed shoes.

Popular Brands: Columbia, Thorlo, Smartwool, Wigwam, and Fox River. **This is another item to buy in a brand name, as feet are important.** (Socks are \$12-20 per pair).

Info: Synthetic or wool socks keep feet warm even when wet, dry faster, and wick moisture away to prevent blisters. Bring an extra pair of thick “sleeping socks” if you are cold-natured. These stay in your sleeping bag and will keep your feet dry, warm, and happy at night.



- **Liner Socks** – An item of personal taste. If you use them, bring 1-2 pairs of inexpensive liners

Popular Brands: Columbia, CoolMax, Thorlo, Wigwam, and Fox River, Wal-Mart, Target.

Info: These go under your thick socks. Half of our staff uses them and the other half won’t touch them.

- **Gaiters – Mandatory only for Alaska and Leadership trips.** We like full-length nylon gaiters with Velcro front and rope understraps.

Popular Brands: REI, Campmor, EMS, Outdoor Research, and Mountain Hardware

Info: Gaiters are nylon covers that attach to your boots to keep sand, snow, rocks, and mud out of your boots. They are optional, but prove useful on long hikes, especially in sand!

Price: Gaiters take a beating no matter what you do so buy the cheapest ones that meet your needs.



OTHER ITEMS:

- **Headlamp** – Bring a headlamp with extra batteries. LED head lamps are preferable over incandescent as they are lighter, smaller, provide more light and use less batteries. Many big box stores carry great lights for relatively inexpensive prices.

Popular Brands: Black Diamond, Petzl, and Princeton Tec, or cheapies from any camping department

Info: A small flashlight will work, but headlamps are more useful. Headlamps are essential for summit attempts on the California Challenge, Pacific Northwest, Ultimate Northwest and Leadership Summit.



- **1-liter Water Bottles / Hydration Bladders** – You'll need to carry at least 3 liters (and drink it!)

Popular Brands of Water Bottles: Nalgene, Sigg, and plain-old used 1 quart Gatorade bottles

Popular Brands of Hydration Bladders: Camelbak, Platypus, Gregory, and Kelty

Info: Plastic bottles are durable and easy to fill. Make sure your water containers do not leak and can withstand jostling (no bike bottles, please).

Info: Hydration bladders are easy to use but puncture easily. If you bring a hydration bladder, please bring at least two regular water bottles too. You can pack both the bottles and the bladder inside your backpack for easy carrying. If your bladder comes with a small pack, the pack should be large enough to accommodate everything you need during the day (otherwise, please leave it at home and just bring the bladder).

**** Put your name or distinctive stickers on your water bottle – there are 90 bottles per trip!!**



- **Toiletries** – Pack your toothbrush, toothpaste, floss, and hairbrush / hair ties in clear zip-lock bags. Students really like travel wipes to help keep you clean between showers. Pack a zip-lock bag to store used wipes. You will also use shampoo and soap 3-4 times on the trip so you will not need a full size bottle. Big box stores sell small travel bottles that are inexpensive and are the perfect size for any trip. You can bring disposable razors, too. Ladies, pack feminine hygiene products and a few zip-lock bags for disposal (we'll have extra bags, too). **Info:** Toiletries and “smelly” stuff attract animals and bugs. Don't bring too much stuff that will melt or leak.

- **Crazy-creek type chair – Optional.** A short Crazy Creek chair or any similar brand. Do not bring a folding chair with legs. These are a great investment and come in handy when back at home too. Some outfitters will suggest a “sleeve” that goes over a sleeping pad to make a chair, however, the pads that we provide to students will not fit in these.

Info: A lightweight chair that supports your back while sitting on the ground and is nice during evening meetings. It can also provide insulation while sitting on a glacier waiting to ice climb in Alaska.

*** You will not carry this in your backpack, so don't worry about the weight.** It's just for front country camps.



- **Stuff Sacks** (or large ziplock bags) - These are handy bags for organizing your belongings. Get a variety of colors and sizes so you can organize your stuff.

- **Laundry Bag** - A mesh or fabric bag. You can use a plastic bag for small wet items (ie. swim suit). Do not leave wet things sealed in plastic for more than a day or you will develop a nasty biosphere.

- **Trekking Poles - Optional**

Popular Brands: Target makes a great, inexpensive pair, also Leki, REI, EMS, and old used ski poles

Info: These are highly recommended in Alaska and on Leadership Summit. Trekking poles are light-weight extendable poles which help take pressure off of your knees and improve your balance. We recommend practicing using trekking poles if you plan to bring them.



- **If you wear Glasses or Contacts:** It's easy to change your contacts, and we'll show you how to wash your hands before you touch your eyes. Please bring solution, extra pairs of contacts, and glasses to wear just in case. If you wear glasses, please bring a strap to keep them on during activities. You can bring separate sunglasses or the kind that go over your glasses.

- **Camera and film – Optional.** – Bring disposable cameras and a waterproof disposable camera for boating.

Info: You can bring a digital camera IF you can take care of it and if you bring extra batteries. You will not be able to charge the battery. Consider a Pelican Case, Otter Box, or other waterproof, crushproof case. We see lots of nice, broken cameras each summer.

- **Towel** – Bring a medium-sized Pack Towel (brand name of synthetic chamois) and leave your large bathroom towels at home.

Popular Brands: Pack Towel from an outdoor store or chamois from a swim store (or car store!)

Info: An extra plastic bag to keep your damp towel away from your dry clothes.

- **Sunscreen and lip balm – Optional.** We provide sunscreen, but you may want to bring your own, too. The sun can take a lot out of you and ruin days on a trip so **we recommend the following prevention tips: BRING Sunscreen. USE sunscreen often.**

- **Insect Repellent – Optional.** We provide sunscreen, but you may want to bring your own, too. **Please bring lotions instead of aerosol sprays.**

Info: Here is the bottom line: we do not know anyone who likes mosquitoes, and insect repellent is not 100% effective. DEET is a chemical that is effective for warding off mosquitoes, but some people are afraid of its chemical nature or dislike the strong scent. You can get bug sprays with various levels of DEET to keep you bug-free; solutions stronger than 30% don't necessarily work better. We always encourage students to put DEET on their hats, shirts, and backs of hands before sensitive skin. Mosquitoes cannot bite through rain jackets, two layers of fleece, rain pants, or boots. This is your best defense.

- **Zinc Oxide – Optional.** If you get a lot of sun, a little zinc oxide can go a long way. This is the white stuff lifeguards wear on their noses. It comes in a variety of fun colors if you prefer a "war paint" motif on summit days. Very useful for snowy summits in California Challenge, Leadership Summit and Ultimate Northwest.

- **Mixed CDs – Optional.** Yes, we're old school! Please make 3 mixed CDs to listen to on van rides, or you'll have to listen to someone else's Broadway Hits without complaint for the entire ride! Test your CDs in a car to make sure they work. You will not be able to listen to or charge your iPod during the trip.

- **Pillow – Optional.** Leave your real pillows at home and bring a lightweight compressible or inflatable travel pillow, like the ones the airlines use.

Info: I personally just use my sleeping bag stuff sack filled with my warm clothes.

- **Pocket Knife** – *A pocket knife is only allowed on Alaska and Leadership Summit. Please do not bring knives on other trips.* Students only need a basic knife with a blade and can opener. Make sure to pack it in your checked baggage.

Popular Brands: Swiss Army, Buck, Gerber

- **Flair!** – Otherwise known as your "summit outfit" or your costume for mexi-cookoff. Great items for flair include sequins, boas, crazy sunglasses, and very loud dresses, vests, shirts, or pants. Your instructors will have them, and you'll be left out of the fun (trust us, it's fun) during summits and other festive times without your Flair.



Peak Leadership Considerations:

You're getting ready for a lifetime of mountaineering, and you may want to consider purchasing plastic boots, an ice axe and crampons so you can learn to use your own gear and to get a better fit. We'll provide them for you, but if you'd like to purchase these items:

- **Plastic Boots/Double Plastic Boots** – These are the boots required for long expeditions and expeditions to cold places. We highly suggest them, as they have a removable inner liner so it dries better if your feet and inner boot get wet. They are a little bit more expensive than a standard pair of boots (expect to pay \$300 and up). **Popular Brands:** Scarpa and Asolo



- **Ice Axe** – Make sure you get an *ice axe!* Not the same as an *ice tool* or *climbing axe*. It should be long enough to tap your ankle with, but not so long that it drags the ground. Get a leash with it, or make one with webbing. (Should cost no more than \$125.) **Popular Brands:** Black Diamond, Grivel and Petzl



- **Crampons** – **DO NOT GET TECHNICAL CLIMBING CRAMPONS.** There are 2 types: step-in or strap-on. Step-in only work with boots that have a special lug (usually found on plastic boots). The strap-on work with any boot and shoe. (Expect to spend around \$125.) Consider a crampon box or plastic covers for the points to save your clothes, luggage and other people from injury. **Popular Brands:** Black Diamond, CAMP and Petzl



ADVENTURE TREKS WILL PROVIDE THE FOLLOWING GEAR:

TENTS - We will provide 4-person tents made by Sierra Designs. Typically two or three people (never co-ed) will sleep in a tent so there is plenty of room. For longer backpacking sections, students may elect to sleep four people in one tent to save weight and space in their backpacks. These tents have a large vestibule so your wet or smelly stuff can stay outside the tent, but will be protected from the rain.



EATING UTENSILS - We will provide an Adventure Treks mug, a bowl, and a spoon so you won't have to bring your fine china. The bowl and spoon are made of lexan, a durable, lightweight plastic. We will teach you how to keep your eating utensils clean during the Adventure. You will get to take home your mug.



IF YOU HAVE REQUESTED IT, WE WILL ALSO PROVIDE:

* please request gear on the "Registered Students" login page on www.adventuretreks.com or call 888-954-5555



BACKPACK (you will still need to bring a duffel and a day pack)

We provide an external frame pack. Your height and weight information ensures the best fit.

If you bring your own: If you wish to bring your own backpack it should have a good hip belt and have 3000-3500 cubic inches for external frames and 4000-5000 cubic inches for internal frames.

* Fly or drive to Adventure Treks with an EMPTY backpack, which we will store in the U-Haul when we're not backpacking. Cinch and buckle all external straps and use an airline bag on all flights. You can pack your sleeping bag in here if that's convenient for you.



SLEEPING BAG

We provide synthetic-insulated, mummy-style, sleeping bags rated from 5-20 degrees (with stuff sack).

If you bring your own: it should be lightweight, synthetic-insulated, and rated to at least 15 degrees. You should also have a stuff sack approximately 14" x 20" or smaller which fits your sleeping bag.



SLEEPING PAD

We provide a basic foam pad made by Ridgerest™, which weighs about 12 ounces. It is softer than the ground and an important insulator on cold nights.

If you bring your own: We recommend a foam Ridgerest (these are bulky on the plane, so consider this when you request gear. You can bring a self-inflating pad (like those made by Thermarest), but be aware – these puncture easily if you're rough on them!

Our Recommended Retailers:

REI

800-426-4840 www.AdventureTreks.com

Diamond Brand Outfitters

800-459-6262 www.diamondbrand.com

Gary Eblen is the general manager and was an Adventure Treks parent for two years. He is very familiar with our program and we work with him to find good values on quality gear for our students.

Campmor

888-Campmor www.campmor.com

Eastern Mountain Sports (EMS)

888-463-6367 www.ems.com

Sierra Trading Post

800-713-4534 www.sierratradingpost.com

Backcountry.com

800-409-4502 www.backcountry.com

Backcountry.com Outlet

www.backcountryoutlet.com

REI Outlet

www.rei-outlet.com