



## Camping Gear:

<input type="checkbox"/>	<a href="#">Daypack w Hydration System 38-liter size w raincover</a>
<input type="checkbox"/>	1-32 oz wide mouth water bottle
<input type="checkbox"/>	Trekking Poles/Duct Tape
<input type="checkbox"/>	<a href="#">Headlamp with spare batteries</a>
<input type="checkbox"/>	Sleeping bag 10 to 0°F recommended
<input type="checkbox"/>	Inflatable Sleeping pad (bottom mat provided)
<input type="checkbox"/>	<a href="#">XXL Duffel Bag</a> , NO Wheels
<input type="checkbox"/>	Some gear is available for rent, please inquire

## Clothing:

<input type="checkbox"/>	Waterproof hiking boots suitable for cold weather
<input type="checkbox"/>	<a href="#">Heavy Down Parka w/hood</a>
<input type="checkbox"/>	Mid-layer jacket (down puffy or fleece)
<input type="checkbox"/>	Hooded Rain Jacket & Rain Pants
<input type="checkbox"/>	Light weight shower shoes
<input type="checkbox"/>	Slippers or camp booties-compactable
<input type="checkbox"/>	2- <a href="#">Convertible Pants</a>
<input type="checkbox"/>	1- soft shell pants
<input type="checkbox"/>	1-shoes to wear around camp
<input type="checkbox"/>	3 Trekking socks, 1 pair expedition socks (no cotton)
<input type="checkbox"/>	3-T shirts- Quick Dry (no cotton)
<input type="checkbox"/>	<a href="#">Hooded Base Layer Top &amp; Bottom</a> (smart wool/synthetic -No Cotton)
<input type="checkbox"/>	8-Underwear- Quick Dry (no cotton)
<input type="checkbox"/>	2-Sports Bra- quick dry/ no cotton
<input type="checkbox"/>	1-Fleece/warm base layer bottoms for sleeping
<input type="checkbox"/>	Light weight gloves
<input type="checkbox"/>	Midweight glove, wind and waterproof
<input type="checkbox"/>	Expedition water & wind proof mitt
<input type="checkbox"/>	Sun hat with wide brim
<input type="checkbox"/>	Sunglasses- UV Shielded
<input type="checkbox"/>	2-Buffs or balaclava
<input type="checkbox"/>	Warm Hat
<input type="checkbox"/>	Swim suit

## Optional:

<input type="checkbox"/>	Solar Charger
<input type="checkbox"/>	Gaiters (optional but nice for warmth & scree)
<input type="checkbox"/>	Instant coffee packets
<input type="checkbox"/>	Book or Kindle, Earbuds for phone
<input type="checkbox"/>	Life proof Case for phone or zip lock
<input type="checkbox"/>	Sleeping bag liner & Pillow case

## Personal Care:

<input type="checkbox"/>	OTC and prescribed personal medications
<input type="checkbox"/>	Prescription Meds: diarrhea & anti-malarial (see Dr)
<input type="checkbox"/>	Altitude Meds- Ask your doctor about Diamox
<input type="checkbox"/>	Cold Medicine (non-drowsy)
<input type="checkbox"/>	Deodorant (small travel size)
<input type="checkbox"/>	Eye drops/ rewetting solution for contact lens wearers
<input type="checkbox"/>	Feminine Hygiene supplies
<input type="checkbox"/>	Nail clipper/nail file (put in 1 <sup>st</sup> aid kit)
<input type="checkbox"/>	Shampoo, conditioner (Travel Sizes)
<input type="checkbox"/>	Contact solution & storage case (small travel size)
<input type="checkbox"/>	Toothpaste, toothbrush, dental floss
<input type="checkbox"/>	Spare contacts/reading glasses
<input type="checkbox"/>	Sun screen SPF 30 or higher
<input type="checkbox"/>	Lip balm w min. SPF 30
<input type="checkbox"/>	Small mirror
<input type="checkbox"/>	Biodegradable soap
<input type="checkbox"/>	Cough drops/hard candy
<input type="checkbox"/>	Hand Sanitizer
<input type="checkbox"/>	Wet-wipes

## Miscellaneous Items:

<input type="checkbox"/>	First Aid Kit with Neosporin, Blister Kit, band aids, Ibuprofen/ Tylenol, non-narcotic pain relievers
<input type="checkbox"/>	Sports Tape & <a href="#">Blister Kit</a>
<input type="checkbox"/>	1 small garbage bag for dirty laundry
<input type="checkbox"/>	2- Large heavy-duty garbage bags
<input type="checkbox"/>	1 small plastic bag to store shoes
<input type="checkbox"/>	Zip lock for Trash
<input type="checkbox"/>	Electrolytes, Shot blocks, Gu
<input type="checkbox"/>	Toilet Paper
<input type="checkbox"/>	Hand and toe Warmers-chemical packets
<input type="checkbox"/>	Ear Plugs
<input type="checkbox"/>	Insect Repellent
<input type="checkbox"/>	Watch w alarm
<input type="checkbox"/>	Small Camp Towel
<input type="checkbox"/>	Luggage Locks and Tags
<input type="checkbox"/>	Power converter
<input type="checkbox"/>	Camera w spare batteries
<input type="checkbox"/>	<a href="#">External charging pack for phone/camera</a>
<input type="checkbox"/>	2 sandwich size zip locks, 3-gallon size zip locks
<input type="checkbox"/>	Protein bars & snacks you love for higher altitude
<input type="checkbox"/>	<a href="#">Steri-pen</a> or <a href="#">water purification drops/tabs</a>