



Intro to Mountains Gear List

Please read through the gear list below to start planning and preparing for the trip. If you have any questions about items on the list or need recommendations / clarification, email info@rippleffect.net. If you need to borrow any of the items on the list items followed by an asterisk (*), please let us know by completing this [google form](#).

A Few Reminders

- **Please limit your cotton clothing.** Cotton (including jeans) takes a very long time to dry and does not retain its warming properties when wet. Polyester, synthetics, nylon, fleece, and wool are all great options.
- All participants are required to wear shirts at all times to prevent rubbing of backpack straps.

How to Pack

- We recommend participants pack their items into a duffel bag, or your 60L backpack.
- Participants will work with guides to review all of their items on the first day of the program to ensure they have what they need.

Shoes

- Hiking shoes or boots (broken-in)
- Comfortable shoes for in camp (crocs, keens, or lightweight shoe)

Base Layers

- 2 synthetic or wool base layer top*
- 1 pair long underwear bottom*
- 1 long sleeve synthetic shirt*
- 4 pairs wool socks
- Underwear
- 1 swimsuit
- 4 synthetic t-shirts
- 2 to 3 pair synthetic shorts

Mid / Insulating Layers

- 2 heavy fleece or pile/puff layer*
- 2 pair synthetic (non-cotton) pant – fleece or track pants work*

Outer Layers

- Rain gear - both pants and jacket (water proof/wind proof)*



- Winter hat – (non-cotton)
- Lightweight non-cotton gloves
- Baseball cap or sun hat
- Bandanna

Personal Gear

- Sleeping bag*
- Sleeping pad*
- Day Pack/Backpack*
- 60 liter or larger internal frame backpack*
- Headlamp or flashlight with extra batteries
- Compactor or contractor bag (for waterproofing)
- Plastic Bowl
- Fork/Spoon
- 2 water bottles (need to have sealable tops, think Nalgene)
- 1 travel mug for hot liquids
- Sun glasses

Toiletries

- Any medications needed for the duration of the program
- Sunscreen
- Chapstick
- Toothbrush and toothpaste

Optional

- Duffel bag for gear storage / transport
- Watch
- Trekking poles
- Digital or disposable camera
- Small stuff sacks
- Journal and pen

Personal Rock Climbing Gear

Please do not feel like you need to purchase climbing gear, Rippleffect will provide participants with all necessary climbing equipment. If you own personal climbing equipment, please feel free to bring it. Before use, Rippleffect staff will give it a safety check and make sure it meets our standards.

- Climbing harness
- Climbing helmet
- Climbing shoes
- Belay device & locking carabiner



The DO NOT Bring List

- Flip flops or open-toed shoes
- Any electronic equipment: video games, toys, cell phones, radios or iPods
- Cigarettes, E-Cigarettes, JUULs, Alcohol, or Drugs
- Weapons: This includes knives or any sort of item that could be considered a weapon.