



## Mountain Trek Gear List

Please read through the gear list below to start planning and preparing for the trip. Print it out and use it as a checklist as you pack! If you have any questions about items on the list or need recommendations / clarification, email us at [info@rippleffect.net](mailto:info@rippleffect.net). If you need to borrow any of the 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\*
- Headlamp or flashlight with extra batteries
- 2 Compactor or contractor trash 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**

- Sunscreen
- Chapstick
- Toothbrush and toothpaste
- Small bottle of hand sanitizer
- Any medications needed for the duration of the program

### **Optional Personal Gear**

- Watch
- Trekking poles
- Digital or disposable camera
- Small stuff sacks
- Journal and pen

### **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.