



Teen Alpine 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 Chuck at chuck@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 Couple of Reminders

- Remember that you are responsible for carrying/packing your own gear, so please pack only what you can carry.
- **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.

Personal Protective Equipment

Rippleffect guides will have extras of PPE, but we ask participants to please pack and manage a few personal items.

- 4 to 5 masks
- Small bottle of personal hand sanitizer
- Small ziplock bags to store PPE

Personal Clothing

- 4 to 6 Pairs Wool or Synthetic Blend Socks
- Hiking shoes or boots
- Comfortable shoes for in camp (crocs, keens, or lightweight close-toed shoe)
- 1 pair long underwear bottom*
- 2 pair synthetic (non-cotton) pant – fleece or track pants work
- 2 to 3 pair shorts – at least 1 non-cotton
- Underwear
- 1 bathing suit
- Rain gear - both pants and jacket (water proof/wind proof)*
- 4 t-shirts – at least 2 non-cotton
- 2 medium to lightweight base layer top (non-cotton)*
- 2 heavy fleece or pile/puff layer to fit over all layers
- 1 long sleeve, lightweight and quick drying, non cotton shirt
- 1 winter hat – (non-cotton)
- Lightweight non-cotton gloves
- Baseball cap or other means of sun protection for the head and face
- Bandanna



Personal Gear

- Any medications needed for the duration of the program
- Sun glasses
- Head lamp or illumination source with extra batteries
- Sunscreen
- Chapstick
- Toothbrush and toothpaste
- Small towel (preferably a camp towel)
- Journal and Pen
- Compactor or contractor bag (big hearty trash bags for waterproofing)
- Plastic Bowl
- Fork/Spoon
- 2 water bottles (need to have sealable tops, think Nalgene)
- 1 sealable travel mug for hot liquids
- Sleeping bag*
- Sleeping pad*
- Day Pack/Backpack, preferably between 30 and 45 liters*
- Large duffel bag

Personal Rock Climbing Gear

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

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

Optional but Helpful to Have

- Watch
- Trekking poles
- Camera (disposable only! No digital cameras are permitted)
- Small stuff sacks
- Journal and pen

The DO NOT Bring List

- Flip flops or open-toed shoes
- Revealing clothing.
- 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.

