

### Gear List for 2-day Hiking Trip

This is a suggested minimal gear list for a 2-day hiking trip at altitude, which may include a peak climb. Even in the summer, temperatures may plummet in the evening, early mornings and on top of peaks, so be prepared! Commonly, it rains for a short while each afternoon.

Most clothing (except what you are wearing around camp and perhaps t-shirts, shorts and underwear) should be synthetic material or wool, **not cotton**. Synthetic (i.e. pile, capilene, polypro etc.) keeps you warm even when wet.

If you have some gear that you are not sure if it will work, call us and ask:  
303.417.6200

	MANDATORY	OPTIONAL	COMMENTS
<b>HEAD</b>	Warm Hat		Should cover ears
	Sun Hat		
	Sunglasses		
		Glasses/contact	Maybe bring spare pair?
<b>TORSO</b>	Jacket/Shell		Waterproof, Gore-Tex type outer - layer
	1 heavy layer		i.e. pile zip-up jacket or sweater
	1 medium layer		i.e. pile, pullover
		Pile vest	
		Down jacket or vest	Great for rest stops, or to wear at the evening campfire
	2 T-Shirts		
	1 layer long underwear		
Gloves/Mittens			
<b>LEGS</b>	Wind proof shell/ pants		Waterproof, Gore-tex type outer layer.
		Fleece pants	If you tend to be very cold
	1 layer long underwear/ tights		
	underwear		
	Hiking shorts		
	Pants		For hiking or lounging at campsite

<b>FEET</b>	2 thick socks		Wear 1 each day & 1 spare
	2 liner socks		I.e. polypro, prevent blisters and keep feet warm
	Hiking boots		Supportive, waterproof and well broken in
	Comfy shoes		Texas. sneakers, clogs etc.
<b>MISC.</b>	Day Pack with waist belt		Large enough to carry extra warm clothing, lunch, 2 water bottles etc. (Packs with waist belts are more comfortable/ practical)
		Hiking poles	Great on downhills!
	Bug Repellant		
	Sunscreen		
	Lip sunscreen		
	Toiletries		
	Personal first aid kit		Band-aids, blister supplies (I'll have a group kit, but it is always good to carry a few items for yourself)
		Prescription drugs	
	2, 1-quart water bottles		or CamelBack® type... Please arrive with them filled.
		energy bars	if you have a favorite!
	lunch		bag lunch for Saturday's hike
		Camera	
	Flashlight		Working bulb and batteries!
		Kippah/ tallis	If you have a favorite
	Musical Instrument		
	Swiss Army Knife		
<b>Camping Gear</b>	Sleeping Bag		Warm if you get cold!
	Sleeping Pad		i.e. thermarest or ensolite pad
	Eating Gear		Bowl, plate, cup, cutlery,
	Tent or tarp		
	Ground cloth		
	Camp chair		