



Equipment

- Day pack – appx 30L (1800 ci)
- Backpack or duffel bag large enough to hold all your gear
- 20 – 30 degree sleeping bag *
- 72" x 24" ground pad or inflatable pad such as ThermaRest *
- Crazy Creek camp chair (optional)
- 2 one-liter water bottles
- Hiking shoes or sturdy sneakers
- Insulating inner layer of clothing such as polypropylene
- Insulating middle layer of clothing such as fleece or wool
- Lightweight, loose fitting long pants that dry quickly
- 2-3 pairs of socks
- Warm socks (wool)
- Underwear (amount at personal discretion)
- Hat
- Shorts
- 2 tee shirts
- Rain jacket and pants
- Towel
- Headlamp or flashlight
- Journaling supplies (optional)
- Sunscreen / lip balm
- Insect repellent
- Unbreakable cup, bowl, spoon and fork
- Toilet kit (toothbrush, comb, etc)
- Camera (optional)

Interested in gear? Every camper gets 15% at our store, Alpenglow Adventure Sports!

Climbing Gear

- Climbing Shoes *
- Climbing Harness *
- Belay Plate / Locking Carabiner *
- Chalkbag *
- Draws (optional)

Very Important

- Waiver
- Letter of permission for international travel
- Valid Passport

RockPro III

* Don't have gear? No problem! We offer rentals.