



The following list of clothing and equipment is essential for your safety. We will be traveling in rugged and spectacular country where our lives are literally dependent upon our gear. We beg you to trust us despite the weather at home or advice from others. Don't deviate; severe, cold weather is possible all summer long in the these mountains. If you want to save money consider borrowing, buying used gear, or buy in bulk with the rest of your group.

MANDATORY CLOTHING

- Hiking Boots (see note below)
- Old Tennis Shoes or Sport sandals (Teva style) (Sandals preferred)
- Heavy Wool or Synthetic Socks (3 pair)
- Liner Socks (3 pr of polypro or thermax)
- Wool Pants or Fleece Pants
- Shorts - not cotton (2 pair)
- Cap or visor
- Underwear- non cotton (2 pair)
- Long Underwear- not cotton (top & bottom)
- T-Shirts (2)
- Wool or Fleece Sweater
- Wool or Fleece Stocking Hat
- Wool Gloves or Mittens (Ski gloves are OK)
- Bandannas (2-3)

OPTIONAL

- Moleskin/ Second Skin/ Molefoam (Blister Preventer)
- Parka or Vest (Down or Synthetic)
- Booties (down or synthetic)
- Wind, rain or snow pants
- Gaiters
- Small bottle of antibacterial hand cleaner

EQUIPMENT

- Sunglasses (Darkest pair you have)
- Small Bible (Old and New Testament)
- Small notepad and pen
- Small flashlight and extra batteries

PERSONAL

- Glasses & Contacts (its wise to bring extras)
- Chapstick with SPF
- Sunscreen or Block (at least 15 SPF)
- Toothbrush & Paste
- Any Personal Medication Needed
- Insect Repellant
- Towel and clothes for trip home

- Camera and film
- Your Own Backpack (4000 - 5000 cu. in.)
- Your Own Sleeping Bag (0 - 20 range)
- Ziplock baggies
- Disposable towelettes (you will carrying them out)

***PLEASE DO NOT BRING A KNIFE**

We will provide all other necessary mountain gear (E.G.: Backpacks, Sleeping Bags, Tents, Stoves, Food, First Aid, Eating Utensils, Climbing Equipment, Rain Jacket, Etc.).

BOOTS: We travel on rugged terrain both on and off the trail which requires a good quality hiking boot. Be sure they are above the ankle. A medium weight leather upper boot with vibram soles is best. The fabric / leather upper boots are also good and break in easily if you are just now purchasing boots for your trip. Whichever type you have be sure they are thoroughly waterproofed (Nikwax, Sno Seal, etc.) and thoroughly broken in before you come.

COTTON: Let's just say this: It's a bad idea, don't bring any cotton clothes.