



PERSONAL PACKING INFORMATION

Bringing the right clothing is crucial to your comfort and enjoyment of your trip. Depending on the weather and personal preferences this will mean something different for everyone. To accommodate the wide range of weather conditions and individual preferences our packing list is very broad. It is designed to keep you warm in the worst weather we could expect, and be flexible enough to pack away for the great weather we all want.

Packing for a trip is incredibly personal and you may find other items that you also wish to bring. To insure the best possible experience **please bring everything on the list**. Before heading out on the trail your guides will help you assess your personal gear and pack appropriately for the length of time you will be on the trail and the current weather conditions. On a backpacking trip, you can and (for your own comfort) should carry a lot less than you would for a similar trip in the regular world. Experienced backpackers will tell you that they carry about the same amount of clothing on a three day trip as they do on a three week trip. Items that you don't take on trail with you can be stored at the camp.

Mountain weather can change incredibly fast and you need to be prepared for this. Our packing list reflects the importance of "layering" so that you can adjust to the changing weather and amount of physical activity you are doing. The three basic layers are described below. When packing please try on layers together, ideally you should be able to wear all your "layers" at once.

The Wicking Layer (long underwear, liners socks and gloves, etc) – Moisture is the enemy of warmth and this layer pulls sweat, from physical activity, away from your body. This layer is worn closest to the skin.

The Insulation Layer (warm tops, socks, pants, etc) – This layer traps the heat your body produces to keep you warm. Depending on the amount of your physical exertion and the weather conditions you will vary this layer to keep yourself comfortably warm without sweating.

The Shell Layer (rain jacket or pants, poncho, etc) – A wind and waterproof layer that prevents wind from stealing you built up body heat. This layer should be large enough to fit over the top of your other layers.

As you pack, keep in mind that cotton fabrics (such as t-shirts and sweatpants) will pack well but will lose their insulating value when wet, this is especially important if rafting because your clothes will get wet. **We recommend bringing items made of nylon, wool, fleece, polypropylene, or polypropylene blends when possible**, but you are not required to purchase a new wardrobe for this trip. Second-hand stores are a great place to find some of these items if you are looking to purchase items you don't have. If you have questions about particular clothing or equipment please e-mail Ben at compasspoints@rainbowtrail.org.

THE PACKING LIST

REQUIRED ITEMS

- | | | | | | |
|--------------------------|-------|---|---|------|--|
| <input type="checkbox"/> | 1 pr | Hiking boots (broken-in) | <input type="checkbox"/> | 1 | Headlamp or flashlight (w/ extra batteries) |
| <input type="checkbox"/> | 1 pr | “Dry” running/tennis shoes | <input type="checkbox"/> | 1 | Sleeping bag w/stuff sack (rated to 20°F) |
| <input type="checkbox"/> | 2+ pr | Hiking socks (wool or wool blend) | <input type="checkbox"/> | 1 | Whistle |
| <input type="checkbox"/> | 2+ pr | Liner socks (polypropylene / nylon) | <input type="checkbox"/> | 1 | Personal toiletries |
| <input type="checkbox"/> | 1 pr | Long underwear | <input type="checkbox"/> | 1 pr | Sunglasses |
| <input type="checkbox"/> | 1 pr | Quick-dry pants | <input type="checkbox"/> | 2 | Water bottles (32 oz. wide mouth Nalgene style, available in camp store) |
| <input type="checkbox"/> | 1+pr | Quick-dry shorts | <input type="checkbox"/> | 1 | Lip balm (SPF 15+) |
| <input type="checkbox"/> | 1 pr | Pants (wool or fleece) | <input type="checkbox"/> | 1 | Sunscreen (SPF 15+) |
| <input type="checkbox"/> | 1 pr | Shorts and shirt for sleeping | <input type="checkbox"/> | 1 | Insect repellent |
| <input type="checkbox"/> | 3+ | T-shirt | <input type="checkbox"/> | 1 | Bible |
| <input type="checkbox"/> | 1 | Long sleeve t-shirt | <input type="checkbox"/> | 2 | Heavyweight garbage bags (25-30 gallon size) |
| <input type="checkbox"/> | 1 | Sweatshirt/Jacket (wool or fleece) | <input type="checkbox"/> | 1 | Towel |
| <input type="checkbox"/> | 3+ pr | Underwear | <input type="checkbox"/> | 1 | “Wet” running/tennis shoes** |
| <input type="checkbox"/> | 1 | Cap or hat (w/ brim) | <input type="checkbox"/> | 1 | Swimsuit** |
| <input type="checkbox"/> | 1 | Stocking cap | <input type="checkbox"/> | 1 | Glasses strap (if you wear glasses)** |
| <input type="checkbox"/> | 1 pr | Gloves/mittens | ** only required if you group will be rafting | | |
| <input type="checkbox"/> | 1 | Windbreaker | | | |
| <input type="checkbox"/> | 1 | Rain gear (poncho or rain jacket/pants) | | | |
| <input type="checkbox"/> | 1 | Bandana | | | |

OPTIONAL ITEMS

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|--------------------------|--------------------------------|--------------------------|--|
| <input type="checkbox"/> | Notebook and pen | <input type="checkbox"/> | Spending money for souvenirs |
| <input type="checkbox"/> | Journal | <input type="checkbox"/> | Gaiters (snap around lower leg & over boots for protection against snow) |
| <input type="checkbox"/> | Camera | <input type="checkbox"/> | Fishing gear (campers over 15 must purchase a Colorado license before arrival) |
| <input type="checkbox"/> | Trekking poles | | |
| <input type="checkbox"/> | Binocular and field guides | | |
| <input type="checkbox"/> | Magazine, book, cards or games | | |

EQUIPMENT PROVIDED BY RAINBOW TRAIL LUTHERAN CAMP

If you have your own equipment you are welcome to bring it with you. Please be aware that our guides will assess its appropriateness and may ask you to use RTALC equipment if they do not find yours adequate for the trip.

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| ✓ Backpacks | ✓ Stoves & fuel |
| ✓ Maps & permits | ✓ Food |
| ✓ Tents | ✓ Cooksets and utensils |
| ✓ First-aid kit | ✓ Dry bags |
| ✓ Water filters | ✓ Wet suits, boots, or splash jackets |
| ✓ “The Digger” | ✓ Climbing equipment |
| ✓ Sleeping pads | ✓ Tools for service projects |