

Let the Adventure Begin!



RTLCL Compass Points

Let's Talk Compass Points



We're excited for you to join us at Rainbow Trail! Thanks for taking the time to prepare for a great mountaintop experience!

Getting Started

Once you arrive at RTALC you'll spend the night in Eagle Peak getting to know your CP Guides, receiving group gear, and learning how to pack a pack.



Next Steps...

Your group will be out on trail until Thursday. You'll get to hike, sleep in tents, cook your meals, and spend fun times in community with your group. Thursday you'll head back to RTALC.



Back at Camp

On Friday you may get to go rafting with your group. Then, you'll spend one more night on site before heading home.

BUT before you go on your trip you have a few things left to do.



Get Packin’

When you arrive at RTLCL and while you are on your CP adventure, there are some things you’ll want and some you won’t want. That said, it’s time to break down the CP Packing List. Please note that not all of the items on the list will be covered here, just some of the things we think are most important to your experience!

The Packing List for “On Trail”

**Please bring all these items. If current conditions warrant we may suggest leaving some of them at camp while you are backpacking.*

- o 1 pr Hiking boots (broken in)
- o 1 pr “Dry” tennis/running shoes (open toed shoes are not permitted on trail)
- o 2 pr Hiking socks (wool or wool blend)
- o 2 pr Liner socks (polypropylene/nylon)
- o 2 pr Underwear
- o 1 pr Long underwear/spandex pants
- o 1 pr Quick dry pants
- o 1 pr Quick dry shorts
- o 1 pr Fleece/non-cotton sweat pants
- o 1 T-Shirt (non-cotton)
- o 1 Long sleeve t-shirt (non-cotton)
- o 1 Sweatshirt/jacket (fleece/nylon)
- o 1 Windbreaker
- o 1 Poncho or rain jacket
- o 1 pr Gloves/mittens
- o 1 Bandana
- o 1 Cap or hat (w/ brim)
- o 1 Stocking cap
- o 1 pr Sunglasses
- o 1 Headlamp or flashlight
- o 1 Set extra batteries
- o 1 30°F Sleeping bag (compact)
- o 1 Lip balm (15+spf)
- o 1 Sunscreen (15+spf)
- o 1 Small Bible
- o 2 25-30 gallon trash bags

The Packing List for “On Site”

**These items are also included on the “On Trail” list and don’t need to be duplicated.*

- o 1 pr “Dry” tennis/running shoes*
- o 4 pr Socks
- o 4 pr Underwear
- o 1 pr Pants
- o 2 pr Shorts
- o 3 T-shirts
- o 1 pr Shorts and shirt for sleeping
- o 1 Sweatshirt
- o 1 Poncho or rain jacket*
- o 1 Cap or hat (w/ brim)*
- o 1 Headlamp or flashlight*
- o 1 Set extra batteries*
- o 1 pr Sunglasses*
- o 1 Lip balm (15+spf)*
- o 1 Sunscreen (15+spf)*
- o 1 Bible*
- o 1 30°F Sleeping bag w/stuff sack*
- o 1 Towel
- o 1 Personal toiletries
- o 1 pr “wet” shoes that tie/strap to your feet**
- o 1 Swimsuit**
- o 1 Glasses strap (if you wear glasses)**

**only required if your group will be rafting

Optional

- o Notebook and pen
- o Journal
- o Camera
- o Trekking poles
- o Binoculars and field guides
- o Magazine, book, cards or games
- o Spending money for souvenirs
- o Gaiters (snap around lower leg and over boots for protection from snow)
- o Fishing gear (campers over 15 must purchase a Colorado license before arrival)

Not on the List

On Compass Points adventures we follow the principles of Leave No Trace camping. Because of the potential to attract wildlife and adversely affect the environment, luxuries such as personal soap, deodorant, toothpaste, and shampoo are not taken on trail. However, they may be used in camp. Personal hygiene is important, and we will teach you appropriate methods of trail hygiene. You will probably not smell great by the end of the trip, but don’t worry... no one else will smell great either!

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 for the trip and may ask you to use RTLCL equipment.

- ✓ Backpacks
- ✓ Maps
- ✓ First-aid Kit
- ✓ Water Bottles and Filters
- ✓ “The Digger”
- ✓ Sleeping Pads
- ✓ Stoves & Fuel
- ✓ Food
- ✓ Cooksets
- ✓ Climbing Equipment
- ✓ Service Project Tools
- ✓ Water Bottles
- ✓ Whistles
- ✓ Tents
- ✓ Daypack

Packing for On Trail

Do Bring:

- Layers (lots!)
- Hiking Boots (broken in)
- Wool socks
- Quick dry pants and shorts
- One short sleeve T-shirt and one long sleeve T-shirt (non cotton)
- Headlamp/Flashlight
- Compact sleeping bag (30*)
- Gloves
- Hat/Bandanna



Items like these can be found online at Sierra Trading Post or other camping websites! Before you buy new, check out your local thrift store for some of these items!

Packing for On Trail

Do Not Bring:

- Toiletries!! (We'll explain next slide...)
- Cotton clothing
 - Cotton fabrics (such as t-shirts, sweatpants, and jeans) will lose their insulating value when wet.
 - We recommend nylon, fleece, polypropylene, or polypropylene blends for your time on trail.
- Sandals or open-toed shoes(ever-unless rafting).



*While these items should not be brought out on trail, they are fine to bring for your time on-site at Rainbow Trail.

Leave No Trace Camping

On CP adventures we practice “Leave No Trace Camping” because we don’t want to attract wildlife or adversely affect the environment. We ask that the following items are not brought on trail:

- Soap
- Deodorant
- Toothpaste
- Shampoo
- Lotion

We will teach you trail hygiene while we are out. You won’t smell great, but neither will anyone else! Even though you won’t have them on trail, these items may be used back at camp.



RTLC Gear

RTLC will be providing the group gear for your trip. Here are some pictures of our gear so you can see what you'll be working with!





On the Horizon...

As you continue to prepare for your adventure keep finding things to do together! Continue preparing physically, mentally, and spiritually and we'll see you on the mountain soon!