

Although the days in Colorado are typically sunny and warm, the weather can change rapidly and the evenings can be surprisingly cool, sometimes near freezing. Frequent afternoon thunderstorms and even rare snow storms make good rain gear and warm clothes a must. Since this program is both camp-based on our campus and an adventure trip, your camper will have access to bathrooms and showers for the first week. After the first week, they will be camping and will not have access to showers.

During the first day of the adventure portion, an instructor will go through every piece of gear for each student to ensure that each student is set up for success on their trip. If in doubt, pack extra and our instructors will help sort out relevant gear for the trip.

We have extra program gear that we can let students borrow including backpacks, sleeping bags and pads, footwear, and more. **If finding the right gear is a challenge, please reach out and we can likely provide certain items. We encourage students to utilize our gear instead of purchasing gear that may not be appropriate for the activities/needs of the trip.**

**DUFFEL BAG:** A soft-sided bag to carry your clothes and gear. Avoid packing in a hard-sided suitcase. Please pack your gear in this bag for arrival!

**DAY PACK:** 20-30L capacity, adjustable shoulder straps. Large enough to carry lunch, rain gear, layer, 3L of water.

**BACKPACK:** Overnight backpacking pack with a padded hip strap that is large enough to carry extra clothes, sleeping bag and sleeping pad, two water bottles and additional group gear. We recommend an internal frame pack that has at least 55L capacity.

**SLEEPING BAG:** Synthetic or Down insulation rated to 20-30 degF. Mummy shape. Don't already own a sleeping bag? Please see the section regarding borrowing gear.

**SLEEPING PAD:** Closed-cell foam 3/4 or full length is recommended. Inflatable sleeping pads are also acceptable, but run the risk of popping on a trip. If you don't have a sleeping pad, KSS will provide one!

## TOPS

*Synthetic or Wool layers are recommended, unless otherwise noted*

- 3 sports bras
- 5-6 t-shirts: Merino wool or synthetic t-shirt for use as a base layer during physical activity. Synthetic and/or cotton tees for travel and basecamp days.
- 2 long-sleeved baselayer top (long underwear)
- 2-3 Long sleeve sun specific shirt or hooded shirt: UPF materials are suggested
- 1-2 mid-weight fleece or wool layer
- 1 insulated down or synthetic jacket (puffy jacket)
- 1 waterproof rain-jacket, durable. (No plastic ponchos): This jacket should have a waterproof coating that stops outside moisture from entering.

## DISCOVERY CAMP / END OF TRIP GEAR

- Deodorant
- Shampoo/conditioner/soap
- 2-3 comfortable outfit (cotton ok) for wearing at camp: T-shirt, shorts and sandals
- 1 towel and washcloth

**! WRITE CAMPER'S NAME ON EVERYTHING**

## BOTTOMS

*Synthetic or Wool layers are recommended, unless otherwise noted*

- 7-9 pairs underwear: Synthetic, quick drying underwear for daytime activities and cotton for sleeping.
- 1-2 pair long hiking/ climbing pants. These should be flexible to move in. We require students to wear pants while climbing, so please consider this if your trip has a climbing component.
- 1-2 pair hiking shorts
- 1 pair fleece pants
- 1 pair long-underwear bottom

## HEAD AND HAND

- 1 ball cap or bucket sun hat
- 1 beanie or warm hat
- 1 pair sunglasses
- 1 pair Midweight Gloves

**Don't already own a backpack?**

Please see the section regarding borrowing gear up above.

**GEAR LIST CONTINUED ON NEXT PAGE ►**



## FOOTWEAR

- 5-7 pairs wool/synthetic hiking socks
- 1 pair broken-in hiking boots or trail-running shoes
- 1 pair camp shoes (tennis shoes or sandals with a heel strap. No flipflops)
- 1 pair water shoes (Keene-style water shoes or sandals with a heel strap. No flip-flops)

## PERSONAL ACCESSORIES

- 1 active swimwear or board shorts\* (if trip has a water component)
- 3 one-liter sized water bottles with screw-on lids
- 4-5 quart-sized ziplocs
- Headlamp + extra set of batteries
- 1 Watch, like a water resistant Casio with an alarm. No electronic watches.

## ITEMS NOT ALLOWED

- Phones and other electronics (including smart watches)
- Weapons or knives of any kind
- Illegal or recreational drugs, vape pens, tobacco products, alcohol, or nicotine

## TOILETRIES

- 16+ fl oz Sunscreen and lip balm (SPF 30+)
- Lip Balm or ChapStick: SPF 30+
- Moisturizing Lotion: 4-6 oz
- Insect Repellent or bug net if desired \*No sprays or aerosols
- 1 toothbrush and small toothpaste
- Hair brush or comb
- Prescription Eye Wear + Extra Glasses and/or contacts
- 1-2 bandannas
- Menstrual Products: Pads/ tampons/ menstrual cup (Saalt, DivaCup, or Lena), because it reduces the amount of waste that will need to be carried. If you've never used a menstrual cup, we recommend you research and trial it before your trip. Disposable products are still 100% a viable option. Regardless of your choice, we are able to share practices for managing periods and supplies in the backcountry and provide all the supplies to manage waste.

## OPTIONAL

- 1 Vest: fleece or synthetic material
- 1 Sunglasses retention strap
- Book, deck of cards, hacky sacks, frisbees
- Journal to write in with pen/ pencil
- Camera with extra batteries
- 2-3 stuff sacks for organizing gear or to use as a toiletry kit, extra batteries, etc
- Trekking poles: these help if you experience knee challenges, want more stability, etc.
- small camping chair/Crazy Creek
- Buff: Tubular style
- 1-2 white cotton t-shirts for tie-dye
- Bowl and Spoon
- If your program offers rock climbing and you have a personal climbing harness, helmet, and climbing shoes, you are welcome to bring them. Our Instructors will need to inspect each item to make sure it fits our safety requirements. Please leave all other climbing gear at home, we provide everything else.