



DISCOVERY EXPEDITIONS PACKING LIST

**! WRITE THE STUDENT'S
NAME ON EVERYTHING**

DUFFEL BAG: A soft-sided bag to carry your clothes and gear. Avoid packing in a hard-sided suitcase.

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 and stuff sack recommended.

SLEEPING PAD: Closed-cell foam or self-inflating backpacking style pad. 3/4 or full length.

END OF TRIP GEAR

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

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.

During the first day, 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.

If needed, we have extra used gear that we can let students borrow including backpacks, sleeping bags and pads, footwear, rain gear, and more. If finding the right gear is a challenge, please reach out and we can likely provide these things for you!

FACEMASKS

- 7 facemasks - a new mask for each program day and one extra

<https://covid19.colorado.gov/mask-guidance>

TOPS

Synthetic or Wool layers only. Do not bring cotton unless noted.

- 3-4 t-shirts
- 1 long-sleeved long underwear top
- 1-2 midweight wool or fleece layer
- 1 insulated down, synthetic or fleece jacket
- 1 waterproof rain jacket. No plastic ponchos

BOTTOMS

Synthetic or Wool layers only. Do not bring cotton unless noted.

- 1 pair long hiking pants
- 1 pair hiking shorts or capris
- 1 pair fleece or wool pants
- 1 pair long-underwear bottom
- Optional: 1 pair waterproof rain pants

OPTIONAL

- Keepers/chums/croakies
- Book or deck of cards
- Journal to write in
- Camera with extra batteries
- 2-3 stuff sacks for organizing gear
- Trekking poles
- Insect Repellent

FOOTWEAR/ACCESSORIES

- 5 pairs underwear
- 2-3 sports bras
- 5 pairs wool/synthetic hiking socks
- 1 pair broken-in hiking boots: must be over-the-ankle
- 1 pair camp shoes (tennis shoes or sandals with a heel strap. No flip-flops)
- 1 pair water shoes, only if trip has rafting or paddle boarding (tennis shoes, Keene-style water shoes or sandals with a heel strap. No flip-flops)
- 1 ball cap or bucket sun hat
- 1 beanie or warm hat
- 1 pair sunglasses
- 1-2 bandannas
- 1 pair liner or midweight gloves
- 1 swimsuit

DAILY GEAR

- 3 one-liter sized water bottles with screw-on lids (water reservoir ok for 1 of the bottles)
- 1 camp bowl (tupperware with a lid)
- 1 set eating utensils (spoon/fork)
- 4-5 large ziplocs
- Headlamp + extra set of batteries
- Sunscreen and lip balm (SPF 30+)
- 1 toothbrush and small toothpaste
- Hair brush or comb
- Pads/tampons as needed