



ALPINE EQUIPMENT LIST

What follows is a suggested list of supplies to bring on the Pack trip and Mountain Adventure. Personal gear and clothing on this camp is extremely important. We'll be traveling into remote high country in the mountains, and could experience extreme weather conditions. Therefore, you need to plan for the worst weather (and we'll all pray we don't get it!). Top notch rain gear is a first priority. A slicker is probably the best bet. You'll need a warm sleeping bag – the rec variety won't be good enough for this trip. And you'll need a good hat! Preferably with a brim to shed the water, that's right like a cowboy hat!!

We will supply you with a small duffel bag approximately 10" x 32" in size, so you'll need to think through very carefully what is needed on the trip. There is no room for extras! All of your belongings need to fit into this small bag. It's a challenge, but it's been done by hundreds of other campers and staff for over 30 years now, so we know it's possible! We have several days when we stay a day or two in one spot, which is a great chance to do some laundry. Please call your director if you have any questions.

Please keep in mind **that we ask that all our campers bring modest swimwear and clothing for decency and respect of all.**

- Warm sleeping bag (good to -15; needs to be compact)
- Boots with a heel for riding
- Running shoes for hiking and wearing around camp
- Durable rain gear – preferably a slicker
- Layers of clothing (polar fleece, wool sweater, shirt)
- Pajamas (could be used as long johns if we get snow or cold weather)
- Toque
- 2 pairs of jeans
- Couple of shirts
- Underwear/socks (at least one pair of wool)
- Swim suit (one piece suit for girls)
- Toiletries (all in very small containers: sunscreen, toothbrush, paste, bug spray, lip gloss)
- Towel/face cloth
- Hat (preferably a cowboy hat)
- Gloves
- Canteen (either steel or a Nalgene water bottle)
 - **Contigo water bottles are not recommended**
- One partial roll of toilet paper in a Ziploc bag
- Pocket knife or Leatherman
- Water treatment (Life Straw or Water Treatment drops)
- Headlamp
- Small Bible
- Camera (optional)

IMPORTANT REMINDERS:

- **Please don't bring any type of electronic items or cell phones.**
- Also, we provide plenty of snacks and treats each day - please don't bring junk food or candy/gum.
- And, because of the nature of our camps, pack your clothing and equipment in a duffel bag rather than a suitcase.

PCWC is unable to provide helmets and therefore encourages those who wish to wear a helmet to provide their own. We like campers to have a way of keeping water off their heads, helmets have holes in the top allowing the water to run down your back. Try and find a felt hat or something water resistant.

FYI: Smoking is forbidden at camp!