

Clothing:

Uniform:

- COLS shirts (provided)
- Black shorts (all black, No Cotton)

Insulating layers:

- fleece jacket/wool sweater -
- no cotton warm layers (like sweatshirt).
- wool or fleece hat
- optional: pile pants (no cotton jeans)

Rain gear:

- rain jacket (light weight) - no poncho
- optional: light weight rain pants

Underlayers:

- underpants ideally not cotton
- optional: long sleeve polypro shirt - no cotton
- optional: long underwear pants (polypro) - no cotton

Waterwear:

- 2 bathing suits
- water shoes
- optional: swim shirt

Footwear:

- 4pairs of socks (ideally not cotton)
- hiking boots
- sneakers
- water shoes
- Gaiters (needed for Colorado Trip)
- optional: sandals, crocks

Misc:

- baseball hat
- bandana

Gear:

- Backpack: (comfortable, must have padded hip belt)
- Sleeping bag: (lightweight - can wear clothing to bed for additional warmth)
- Pad: (foam or blow up)
- Stuff Sacks: (optional: but helpful for organizing gear)
- Flashlight/headlight: (no larger than AA batteries)
- Waterbottles: (2) 1 liter size or comprable bladder.
- Mess Kit: large plastic travel mug, bowl, fork and spoon. (non breakable)

Other:

- Hand towel (for hike)
- Bath towel (for non hike camping)
- Bug repellent (light weight)
- Suntan lotion (spray best, lightweight)
- Hand Sanitizer (small amount)
- Toothbrush/toothpaste (travel size)
- Bible (small) New Testament is fine
- Jack knife / Leatherman optional
- Compass or altimeter optional
- Duffle bag (in addition to backpack)
- Book (optional)
- ski pole (collapsible)
- No electronic games
- *ideally items will be labeled
- *most gear, clothes, sleeping bags,... should be in plastic bags to keep them dry



Packing List