

CHALLENGE ADVENTURES
FALL AND SPRING MOUNTAIN TWO AND THREE DAY TRIPS
CLOTHING AND EQUIPMENT LIST

Sometimes it can get cold in the fall and spring in the mountains. Expect daytime temperatures between 40 degrees and 80 degrees and nighttime temperatures between 20 degrees and 45 degrees. It is usually around 60 degrees during the day and 35 degrees at night. It may also rain, and when it does, it really rains! So good rain gear is important. To be sure that you are warm, safe and comfortable, here are the things you need to bring. **The list includes what you are wearing.** If you need to buy any of the clothes on the list, the best place to look first is a thrift or secondhand store, like the Salvation Army. For non-Girl Scout groups, we provide your sleeping bag and pad, backpack (for clothes), water bottles, mess kit and the tents. The llamas will carry your sleeping bag and ground pad, but you'll need to carry your clothes and personal items, so pack light! Keep things neat and dry by putting clothing into several 1-gallon zip lock bags.

CLOTHES (Includes what you are wearing)

Socks – 3 pairs. Wool is best, because it keeps you warm even when it is wet.

Sturdy walking shoes or hiking boots that are broken in. The three important things are ankle support, non-skid soles and keeping your feet dry. So if you can't get anything else, try to borrow a pair of hiking boots or wear sports shoes that come up to your ankle. Spray your footwear with waterproofing.

Rain gear - ponchos and rain suits are best. You can buy a vinyl rain suit for less than \$10 or check the used clothing store. If you bring the thin, inexpensive ponchos, from places like K-Mart, get two, because they tear easily.

Tee shirts - 2

Shirt – one warm, long sleeve

Long pants – 1 pair loose corduroy or quick dry pants

Long underwear – 1 set

Shorts – 1 pair

Pajamas or something similar to sleep in

Soft-soled shoes, like flip-flops, water shoes or sneakers, to wear around camp or if your shoes get wet

Underwear – 3 pair

Bandanas – 2 (to keep the sun off your neck, the sweat out of your eyes, etc.)

A hat with a brim – very important to avoid sunburn and heat stroke

Jacket - fleece or other similar warm jacket

Ear protection, like earmuffs or fleece earband

Gloves

PERSONAL ITEMS (*optional)

Any prescription or other medications you take regularly

Sunglasses

Small flashlight with extra batteries

Toothbrush and dental floss

Comb

Washcloth and very small towel (put in Zip lock bag)

Lip balm (like Chapstick)

Sunscreen

Notebook and pencil*

Camera and film*

Personal hygiene items (like tampons)

Baby wipes or moist towelettes (for face and hands or sponge baths)*

THINGS NOT TO BRING

Food - all the food will be provided. If you have food in your pack or in your tent, you are inviting the skunks and raccoons to come visit you.

Knives or other types of weapons

CD players, Game Boys, I-Pods or other electronic devices. Forest Service regulations prohibit these items. Besides, you want to be able to hear the birds, coyotes, etc.

Soap or toothpaste – the residue can harm the ecology

More clothes than are on the list - you'll just have to leave excess items behind