

PACKING LIST

Summer months--

Hiking Boots or Shoes Should be broken in prior to heavy use. They should be medium-duty suitable for rugged terrain and should cover the ankle. Running shoes and trail shoes are acceptable alternatives to boots but demand stronger feet and ankles. Keep in mind that any footwear will be exposed to water, mud, abrasion, etc.

Socks 2 mid-weight, high-quality pairs. No cotton.

Long Underwear 1 set, top & bottom. Base layers should be synthetic, silk, or wool. Look for new anti-microbial fabrics that don't get stinky.

Sweater Heavy fleece, thin puffy, or wool. Not too bulky.

Rain Jacket Must have a hood. Rain pants optional.

T-shirts 2, not cotton. A short-sleeved button up shirt is okay.

Shorts Synthetic quick-dry. Zip-off legs are preferred by some.

Pants Synthetic or wool, loose enough to fit over long underwear. No cotton.

Underwear 2 sets. Synthetic or wool preferred. Women should bring cotton for in-camp and two sports bras.

Warm Hat Fleece or wool for cold nights.

Sun Hat Ball cap or full brimmed-hat for sunny days.

Sunglasses Bring a case if possible, or consider the likelihood of breakage.

Headlamp LED battery-powered with fresh batteries. A red light mode can be useful for reading or writing at night.

Water Bottles 2 quart carrying capacity.

Bandanas Bring 2 for use as sun protection, table cloth, hanky.

Winter months--

In addition to above, add:

Winter Boots Insulated, waterproof, and above the ankle.

Socks Heavyweight wool.

Long Underwear Midweight, heavyweight, or "expedition weight." Synthetic or wool--no cotton.

Warm Coat Primary layer. Must be warm enough to keep you comfortable when not moving outdoors in cold conditions. Could be a thick synthetic or down puffy coat, a warm ski jacket, or similar. Should be serviceable for outdoor activities, not a fashionable coat for urban use (unless it can still allow movement and get dirty). If not waterproof, bring a waterproof shell to protect in wet conditions.

Warm Pants Such as ski/snowboard pants, heavy fleece, etc. Pants that integrate waterproof layer are convenient.

Gloves Mid or heavyweight. Ski gloves or mittens or similar. No cotton.

This list is based on safety and comfort requirements for the outdoor activities that Red Rock Recovery Center participates in during all four seasons in Colorado, which can have highly unpredictable weather. It is crucial for clients to be prepared so they can get the most enjoyment out of our programs. Some people already have these or similar articles. Except for footwear, most of this clothing can be obtained for less than \$100 if bought at thrift stores. On the other hand, top-of-the-lines gear can be had for several thousand dollars. The choice is yours, based on your personal situation. Clients who arrive without adequate gear will need to acquire it locally.