**MANDATORY CLOTHING**

**Upper Body**
- (3-4) T-shirts (At least 1 synthetic is recommended)
- (1) Synthetic long underwear top
- (1) Fleece jacket, wool sweater, or sweatshirt
- (1) Waterproof rain jacket (Coated nylon is fine. Gore-Tex is NOT necessary)
- (1-2) Bras (Use your judgment re: quantity)
- (1) Lightweight gloves (To keep hands warm at night)

**Lower Body**
- (2-3) Shorts (At least 1 synthetic pair is recommended)
- (1) Synthetic long underwear bottom
- (1-2) Long Pants (Make sure they do not limit movement. We recommend nylon)
- (1x/day) Underwear (Use your judgment re: quantity)
- (1) Bathing suit (men can use a pair of synthetic shorts)
- (1) Pajamas

**Head and Feet**
- (1) Wool or fleece hat (should be winter weight)
- (1) Lightweight hiking boots or sneakers suitable for outdoor activities
- (3-4) Socks (A couple pairs should be wool/synthetic)
- (1) Camp/water shoes/sandals
  - No flip flops! Sandals MUST have a heel strap, i.e. Tevas, Chacos, or Crocs with heel strap
  - Bare feet are NOT allowed! Foot injuries will severely impact the trip. You must bring camp shoes for time in camp and any swimming or wading.
MANDATORY EQUIPMENT

☐ (1) Daypack or book bag
☐ (1) *Sleeping bag rated to at least 40° F
☐ (1) *Headlamp (preferred) or lightweight flashlight with extra batteries (bring AAA if you are borrowing a headlamp from us)
☐ (1) Sun hat/baseball cap
☐ (1) Sunglasses (with UV protection)
☐ (1) Cotton Beach Towel
☐ (2) *Water bottles (must be 1 liter capacity each with a screw on lid – 1 liter Gatorade bottles work well)
☐ (1) Bowl and spoon (Lightweight and plastic. Tupperware with lid works great!)
☐ (1) Journal & pen/pencil
☐ (1) Sunscreen
☐ (1) Insect repellent
☐ (1) Toothpaste and toothbrush (we recommend travel size)
☐ If applicable:
   o Contacts, solution, glasses (bring extra contacts)
   o Medication
   o Tampons/pads
   o Note: Please do NOT bring hair dryer, straightener, etc.

OPTIONAL ITEMS

☐ (1) Bandana
☐ (1) Pillow
☐ (1) Pocketknife
☐ (1) Camera
☐ (1) Book to read
☐ (1) Fleece Pants/heavy long underwear bottoms
☐ (1) Shampoo & soap (showers might be available a few times for those who wish)
☐ (1) Deodorant and other personal toiletries

DO NOT BRING THESE ITEMS: Alcohol, unprescribed drugs, cigarettes, or chewing tobacco. Carrying or using these items will result in immediate dismissal from the trip.

Also leave iPods, cell phones, and other electronics at home or in a bag at Base Camp.

Places to get gear: family and friends, local sporting goods, thrift stores, Army/Navy surplus stores, REI, Campmor.com, Sierratradingpost.com, EMS, K-Mart, etc.