

High Profile *Adventure Camp*

Colorado

Recommended Gear List

(10/26/15)

- Trail Food (GU, Clif Bars, Jerky, candy Bars, hard candy, dried fruit, Gold Fish, nuts, etc.)
- Bladder (70 ml. minimum) or two one liter bottles
- Gloves - lightweight
- Synthetic Shirt – medium to heavy weight
- Synthetic Long Underwear top and bottoms
- Waterproof Shell/Jacket and Pants
- Soft Shell Pants and Jacket
- Running Shorts - Nylon
- Hiking Boots or Trail Running Shoes along with a pair of “in camp” shoes
- Hiking Socks - 2 pair of Merino Wool
- Altimeter Watch - OPTIONAL
- Back Pack
- Headlamp
- Sunglasses – interchangeable lens recommended
- Knife or Multi-tool
- Compass
- Map(s)
- Waterproof Matches/Lighter
- 30 spf+ Sunscreen and lip screen
- TP in a Ziploc Bag
- Cell Phone in waterproof bag
- Camera
- First Aid Kit – personal size with band-aids, moleskin, aspirin/ibuprofen, duct tape, personal meds
- Trekking Poles - OPTIONAL
- Microspikes – Depends on trail conditions (snow and ice)
- Gaiters (ankle or knee high)
- Stocking Hat – Wool or Fleece
- BUFF
- Heat Packs (hand)
- Climbing Helmet (provided)
- Travel Bag (North Face Base Camp Duffel – Large or XL)
- Climbing Harness (provided)
- ATC (provided)
- Locking Carabiners (provided)
- Sport Slick Skin Protector or comparable
- Dry Sack for extra clothes in backpack

Note: This list reflects gear which I have personally used extensively on multi-day expedition adventure races and on mountaineering trips to Mount Rainier and Colorado 14er's. All of the gear can be purchased from Active Endeavors – Davenport. Inform the staff when purchasing that you are attending the High Profile Adventure Camp to receive a discount.