

# High Profile *Advanced Adventure Camp* Colorado

## Recommended Gear List

Updated: 12/10/08

- Food (GU, Clif Bars, Jerky, Candy Bars, etc.)
- Camel Bak Bladder (70 ml. minimum)
- Gloves (Patagonia Capilene Lightweight Glove Liners)
- Synthetic Shirt (Patagonia Capilene 1, 2, or 3 Crew or Zip Neck)
- Synthetic Long Underwear Bottoms (Patagonia Capilene 1,2,or 3 bottom)
- Waterproof Shell/Jacket (Marmot Precip or North Face Venture)
- Wind Shell Shirt or Jacket (Go Lite Either Jacket or Wisp Shirt)
- Wind Shell Pants (Go Lite Whim or Reed Pant)
- Running Shorts (Patagonia Long Runner Shorts)
- Hiking Boots or Shoes (Salomon XA Pro 3D Ultra or Salomon X Wings)
- Hiking Socks (Smartwool PHD or Adrenalin)
- Watch (Suunto Vector)
- Back Pack (Salomon Raid Revo 20, North Face Big Shot)
- Headlamp (Princeton Tec Fuel, Princeton Tec Apex)
- Sunglasses (Oakley, Smith)
- Knife or Multi-tool (Leatherman Fuse or Skeletool)
- Compass (Suunto MD 3)
- Map(s)
- Duct Tape
- Waterproof Matches/Lighter
- 30 spf+ Sunscreen
- TP in a Ziploc Bag
- Cell Phone
- Camera
- First Aid Kit
- Blister Kit
- Climbing Helmet (Petzel Meteor III, Petzel Ecrin Roc)
- Trekking Poles (Leki Ultralite Ti Ergo, Black Diamond Trail)
- Water Filter – OPTIONAL (Mc Nett Aquamira Water Bottle Filter)
- Mountaineering Axe – OPTIONAL (Black Diamond Raven or Raven Pro)
- Crampons (Kahtoola Microspikes, YakTrax Pro)
- Gaiters (ankle or knee high) (OR Flex Tec, OR Rocky Mountain Low)
- Stocking Hat (North Face Power Stretch)
- Balaclava
- Heat Packs (hand)
- Foot Beds (Sole Custom Footbeds)
- Travel Bag (North Face Base Camp Duffel – Large or XL)
- Harness (Black Diamond Alpine BOD)
- ATC or Figure 8 (Black Diamond)
- 12" Runner (Black Diamond)
- Locking Carabiners (3) (Petzel AM'D Screw Lock or Metolius Element)

- Sport Slick Skin Protector
- Sea to Summit eVent Compression Dry Sack
- Alosak Waterproof Bags
- Trekking Pants (Rail Riders Extreme Weatherpants)

Note: This list reflects gear which I have personally used extensively on multi-day expedition adventure races. The use of comparable gear from other manufacturers is acceptable and encouraged. All of the above gear can be purchased from Active Endeavors – Davenport. Inform the staff when purchasing that you are attending the High Profile Advanced Camp to receive a discount.