



We will be traveling in spectacular and rugged country where our comfort and safety will be dependent upon our gear. The key to staying comfortable while on a trip is layering. For maximum comfort and minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. The weather is unpredictable and each person needs to be prepared for varying conditions.

To keep costs down feel free to borrow as much as possible! Clothing and gear is pricey, so borrowing helps you obtain items that you may only use once. You can also rent gear or buy it used from a secondhand clothing or sporting goods store. We will provide some more detailed rent and purchase options in our pre-trip meetings.

REQUIRED GEAR AND CLOTHING

Please try to follow this checklist as closely as possible and try to bring only what is necessary.

Note on Fabric: In the mountains, *wool/synthetic/fleece* is our friend and *cotton is not. Do not bring any cotton clothing for the mountains!* Wool provides ventilation and insulates when wet (cotton or down do not).

Good synthetic substitutions for wool:

- Fleece (Other names are Polartec and Synchronilla)
- Polypropylene (Other names are Capilene and Polyester)

Upper Body Layers

- 1 short-sleeved polypropylene (synthetic fabric) or wool t-shirt
- 1 long-sleeved lightweight wool or polypropylene long top
- 1 light wool/fleece/synthetic jacket/sweater
- 1 heavy wool/fleece/synthetic jacket/sweater
- For women: 1 moisture wicking sports bra
- Crucial:** Rain jacket (hooded, waterproof, lightweight, breathable—good materials are Gore-tex or coated nylon, no vinyl or plastic)
- Wool stocking hat/beanie/toque (not acrylic)
- Baseball cap or sun visor
- 1 heavy pair wool gloves or mittens (or 2 light pairs)

Lower Body Layers

- 1-2 pairs of underwear (running shorts are great)
- 1 pair lightweight shorts (nylon/synthetic works well)
- 1 pair lightweight wool long underwear bottoms
- 1 pair wool or fleece pants
- Rain pants (Gore-tex or coated nylon)
- Footwear: 1-2 pairs wool hiking socks
- 1-2 pairs sock liners (not cotton)
- 1 pair lightweight tennis shoes, Teva or Chaco sandals, or Crocs (to wear after hiking)
- Crucial:** 1 pair backpacking boots, trail runners, or sturdy running shoes.

Additional Items

- 1-2 bandanas (cotton is okay for bandanas)
- Sunglasses (100% UV protection, side-shields)
- Headlamp and fresh batteries (or small flashlight)

- Bible (pocket-size with Old Testament and Psalms)
- Personal toiletry kit: small bottle hand sanitizer, travel size toothbrush and toothpaste, contact lens supplies. For women: feminine products, liners, and wet-wipes.
- Sun block and lip balm (small, SPF 25+ or more)
- 2 water bottles (1-liter size)
- Insect repellent (small bottle)

Optional Items

- Backpacking pack (50-85L)
- Sleeping bag and stuff sack (0-24 degree F rating, synthetic fill, no down)
- Therm-a-rest pad (or other lightweight sleeping foam pad)
- Crazy Creek chair or Therm-a-rest chair
- Down booties or fleece socks
- Personal blister protection: moleskin, mole foam, athletic tape
- Trekking poles
- Camera and film (in waterproof bag)
- Gaiters

Provided from Bethany

- Tents
- All cooking gear, stoves and fuel
- Water purification
- Group First Aid Kit + Foot Tape
- Bug nets

Available to borrow from Bethany

- Backpacks
- Sleeping bags
- Foam sleeping pads
- Gaiters
- Water bottles