



ROCKY MOUNTAIN HIGH CLOTHING & EQUIPMENT LIST

This list will help you assemble personal gear for your activities during the RMH program. It may seem like there is more than you need, but mountain weather is very unpredictable.

- You will stay at Camp Buxton in framed outfitter tents or small cabins.
- Showers and restrooms are in the nearby bathhouse.
- Limited laundry facilities are available.
- Spring Canyon will provide all gear for cooking and eating.
- You may want to bring some additional items for comfort around Spring Canyon.
- Temperatures may range from the mid 80's during the day to freezing at night. Rain and snow showers are **PROBABLE**, especially at high elevations.
- Remember: "Cotton Kills" in the mountains.
- Cotton clothing, when wet, won't insulate and actually draws away body heat, so you shouldn't plan to use it as an insulating layer on the trek.
- Please do not plan to wear cotton socks during Trek! Synthetic materials (Polypropylene, spandex, polyester blends, or wool socks with liners tend to work best.)



Available for Issue at Spring Canyon

(All items listed here are free of charge)

- Backpack (70 Liter)
- Sleeping bag w/liner (20 degree)
- Sleeping pad
- Pack fly
- Stuff sacks for sleeping bag
- Cooking/eating utensils
- Plastic bowls/cups
- Nalgene water bottles
- Safety whistles
- Crazy creek camp chairs
- Towel
- Bible

Essential items to bring:

- Hiking boots w/ ankle support (Military issue boots are not preferred, but are acceptable)
- Wool or synthetic blend hiking socks (2+pair)
- Sunglasses
- Beanie hat
- Lightweight pair of gloves
- Swimsuit
- Hiking pants (zip-off legs are fine)
- Sandals with an ankle strap (required by rafting company)
- Prescription medications
- Contact solution/glasses
- Shampoo/conditioner
- Shaving kit
- Toothbrush/toothpaste
- Deodorant
- Chapstick
- Flashlight/headlamp
- Feminine hygiene products

Base Layers:

- 2 Long sleeve polypro or synthetic shirts
- 2 Short sleeve polypro or synthetic shirts
- Long underwear for sleeping
- Regular underwear

Mid Layers:

- Fleece, wool, or down jacket/pullover (compact/lightweight)

Outer Layers:

- Rain Jacket or shell

Please consider bringing:

- Rain pants or poncho
- Liner socks
- Tennis shoes/sneakers
- Notepad or pen/pencil
- Baseball cap
- Balaclava or buff (aka "neck gaiter")
- Pocketknife/multi-tool (Note: Please DO NOT bring survival knives/bowie knives, etc.)
- Camera