PERSONAL EQUIPMENT

Equipment	Qty	Comments	Code	Check
Upper Body				
Sweater	1	like a light fleece sweater	*	
Jacket	1	light jacket for evening	*	
Rain Jacket and Pants	1	sturdy and water proof, with a hood, coated nylon and breathable fabrics are acceptable.	*	
Shirt-Short sleeve	3	moisture wicking, no cotton or nylon.	*	
Shirt- Long sleeve	1	moisture wicking, no cotton or nylon.	*	
Sports Bra (F)	2	Synthetic		
Lower Body				
Long Pants	1	not jeans	*	
Underwear	3		*	
Hiking Shorts	2		*	
Swim Trunks	1	For aquatic activities	*	
Head Neck and Hands				
Baseball cap or wide brim hat.	1	Sun protection for face and ears.	*	
Packs and Bags				
Duffle or Pack	1	100 liter size should be sufficient.	*	
Day pack	1	for carrying, food, water, rain gear etc. during the day.	*	
Gallon zip lock bags	6 to 12	for waterproof storage.	*	
small stuff sacks	2 to 3	pack personal items/organize.	*	
Shower/toiletry bag	1		*	
Sleeping Gear				
Sleeping Bag	1	Rated to 30 degrees	*	
Sleep clothes	1 set	t shirt and gym shorts worn only to bed.	*	
Sleeping pad	1 (OPTIONAL)	For added comfort on Summit provided cot.	*	
Footwear				
Hiking Boots	1 pair	Well broken in	*	
Socks	3 pair	Synthetic or wool	*	
Liner Socks	3 pair	Synthetic	*	
Camp Shoes	1 pair	lightweight sneakers or closed toed shoes	*	
Water shoes	1 pair	Closed toed shoes that can get wet. Required for any aquatics activity.	*	
Miscellaneous				
Water bottle or hydration bladder.	3 quart capacity	If using a bladder be sure to bring at least 1 water bottle for drink mixes like Gatorade.	*	
Pocket knife or multi tool	1	Small knife sufficient	*	
Flashlight/headlamp1	1	Durable, bring extra batteries	*	

Compass	1		*	
Bandana	2		*	
Money	$50.00			
Lip Balm	1	Moisturizing balm with SPF-25 or greater.	*	
Soap	1		*, S	
Toothbrush	1		*	
Toothpaste	1		*, S	
Towel	quick dry		*	
Tampon/pads (F)			*	
Sunglasses	1		*	
Watch	1		*	
Camera	1		S	
Whistle	1		*	
Foot powder	1		*, S	
Notepad and pen	1		*	
Insect repellant	1		*, S	
CREW EQUIPMENT				
Equipment Provided by Crew				
Crew First aid Kit	1		*	
2 1/2 Gallon Collapsible Water Containers	2	For convenient storage of water in campsite.	*	
Small backpacking stove	1	Not required, for heating up coffee or other simple items in camp.	*	
Fuel for backpacking stove	2 bottles	Only required if bringing stove	*	
Duct Tape	1 roll	For equipment repair	*	
EQUIPMENT PROVIDED BY THE SUMMIT				
Equipment Provided by Summit				
10 x 12 Wall Tent	2 people per tent	Durable Vinyl/nylon floor		
Cots	2 per tent			
Picnic tables	2 per crew			
Dining Fly	1 per crew			

Codes*

****- available at trading post***

S- Share with buddy

F-Female participants