



## NORTHPOINT ADVENTURES ROCKY MTN BACKPACKING – PACKING LIST

The following items are necessary for a safe and comfortable Rocky Mountain Backpacking experience. This trip requires gear slightly more technical than before - please read the list carefully. If you have questions, please e-mail Northpoint Adventures.

### THE BASICS

- 2 pair Smartwool Brand Hiking Socks - a must for Rocky Mountain
- 1 pair Nylon Athletic Shorts
- 1 pair breathable Hiking Pants - recommend zip-off hiking pants (shorts and pants in one)
- 1 short-sleeve Polypropylene Hiking Shirt - a shirt other than a cotton t-shirt works well
- 1 long-sleeve Polypropylene Hiking Shirt - no cotton please
- 1 Polar Fleece Top - not cotton, no sweatshirts
- 1 pair Rain Pants
- 1 GoreTex rain coat - it's important to stay dry, GoreTex is worth it
- 1 T-Shirt for sleeping
- 1 pair lightweight Pajama Pants
- 1 pair Socks for sleeping/campsite
- 4 pair Underwear (or enough for 6 days)
- Sports Bras as necessary
- 1 Baseball Cap, Visor, or Bandana

### COLD WEATHER

There is a chance we'll encounter cold conditions high in the mountains. Temperatures also fluctuate throughout the day. Be prepared with the following layers:

- 1 stocking cap
- 1 pair gloves or mittens (lightweight)
- 1 medium-weight puffy jacket (outer layer)
- 1 warm-up jacket (micro-puff, fleece, or similar) (inner layer)
- 1 Under Armor or similar Polypropylene turtleneck or cold gear base layer
- 1 pair long underwear or waffle/fleece pants (insulated but not bulky)

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## FOOTWEAR

- 1 pair of ankle-height Hiking Boots - Hiking or All-Terrain Shoes DO NOT WORK for Rocky Mountain! Supportive boots are a must, and please break them in.
- 1 pair of campsite shoes, Chacos, etc.

## EXTRAS (but still important...)

- 1 Chapstick or Blistex
- Toothbrush & Toothpaste
- 1 Headlamp - important to have your own
- Camera\*
- Bug Spray or Bug Wipes
- Sunscreen
- Sunglasses - required as UV levels are high at altitude
- 1 Pocket Knife or Leatherman tool
- 1 package of Wet Ones or similar hand wipes
- 1 Sleeping Bag - please check the degree rating on your bag. It's important to bring a bag rated between 0 degrees (preferred) to 20 degrees. Anything rated warmer than 20 degrees isn't suitable for high-altitude camping.
- 2 Nalgene-brand Water Bottles (wide-mouth, one-quart size. MUST be Nalgene-brand to work with our water purifiers.)
- 1 Crazy Creek Chair or Sleeping Pad - not both, space is limited\*

\*denotes optional item

Northpoint Adventures will supply packs, eating and cooking equipment, and the rest of the gear for the trip.

*Revised 9/2016*