

Important Info about Glorieta Wilderness & Packing List

THE AREA/CONDITIONS

Glorieta Wilderness is located in the Sangre de Cristo range of the Southern Rocky Mountains of northern New Mexico. We will utilize the 2400 acres of Glorieta's property, along with the Santa Fe National Forest and Pecos Wilderness area. Elevation can range from 7,200 to 13,100 ft. The air is generally dry and crisp but there can be a lot of variation of weather, even in the summer. Temperatures can range from 40's overnight (depending upon elevation of campsite) to the 80's mid-day. Because of these potential low temperatures at night, we do recommend a warmer sleeping bag (25-30 degree is optimal). Rain comes and goes frequently in the summer, so a **rain jacket is necessary and rain pants and well-worn waterproof footwear are preferable**. Wool socks will be a must to keep your feet dry, especially when sleeping. Along with the convenience for wet conditions, waterproof boots are the preferred footwear because of the ankle support – we will be hiking in rocky terrain. A note on footwear: **please only bring boots/trail shoes that are broken in to your feet**. This means shoes that you, personally, have put about 25 miles on them, not just shoes that you bought last week and wore a few times, or old borrowed hiking boots.

We are also in black bear country, so we will be taking precautions and educating participants on proper practices such as using bear boxes on our property, using bear hangs in the Forest and Wilderness area, and carrying bear spray on our hikes.

PHYSICAL DEMANDS

This will be a full on Wilderness immersion trip that is book-ended with the comforts and privileges of indoor living and fun camp activities. All nights will be spent at Glorieta Camp, except for one, where we will spend the night camping. Showers and running toilets are available each night, except for the camping night, which will include outhouses, but no showers. Camping is a beautiful thing and a once in a lifetime experience for some. We want to prepare you mentally for the awesome experiences that lie out in the wilderness so you have adequate opportunity to enjoy your trip.

Elevations can range from 7,200 to 13,100 ft. In any case **be prepared to feel the effects of the higher altitude/lower air pressure**.

People feel the physiological effects of altitude in various ways, including headache and increased respiration and difficulty "catching your breath." In most cases, it will just feel like you are a bit out of shape. We combat the effects of altitude by asking participants to **start hydrating before you arrive at Glorieta** and continue to hydrate well during your stay. We also recommend that you prepare physically for your trip by keeping active at home. It is a good idea to do extra running or walking in preparation for your wilderness trip.

Challenge will be complemented and contrasted with fun activities, relaxing conversation by the fire and stargazing in the vast wonder of nature.

****Be sure to inform Glorieta Wilderness of any health concerns, including **medical conditions** and **food allergies/intolerances****

GEAR

Provided by Glorieta Wilderness

- All gear needed for the single night of camping
- Group Shelters (Note: these shelters may or may not have floors)
- Foam sleeping pads
- Stoves and fuel
- Cookware and serving and personal eating dishes and utensils
- Food, both at basecamp and while camping
- Cord/materials for bear hangs (gotta keep that food safe)
- “Bobo bags” (trowel, TP, plastic and paper bags, hand sanitizer)
- Group water containers (dromedaries)
- Water purification systems
- First Aid Kit
- GPS and communication device

Participants must provide the following

- Sleeping Bag – warm, as temperatures can potentially drop below 50 degrees at night. Mummy bags are preferred, with 25-30 degree bags as optimal.
- Day backpack - For our peak ascent day, and other excursions

CLOTHES

- T-shirts - Light colored t-shirts are nice as they retain less heat. **NO TANK TOPS**. Bring one for every day or less if you desire.
- Shorts - Bring at least two pairs that are longer for wearing a harness (one pair may be needed for the rafting day, and able to get wet)
- Underwear
- Socks - Wool/non-cotton!
- Rain Gear - A rain Jacket is necessary and rain pants are nice to have!
- Bandanna(s) - Great for sun protection and countless other things
- Swimsuit - Even if you can't swim, bring one anyways! Be Modest please. (Often times we hike and swim in the same clothes.)
- Boots - The area is rocky, so broken in high top boots are preferred. Durable running shoes are okay. A thick sole will keep your feet more comfortable. Waterproof footwear is preferred.
- Sandals or other lightweight shoes to wear around the campsite

- Lightweight Jacket or long-sleeved shirt—fleece is nice for cold nights/mornings.
- Stocking cap/beanie - Helps with cold nights – if you get cold easily.
- Long Pants - Don't bring jeans or heavy cotton. Lightweight synthetic fabrics are best. No cotton
- Base Layer - Synthetic long underwear
- Nicer clothes – Optional, for a celebration meal at Glorieta Camp at the end of the trip
- Base Camp Clothing

When you return from base camp it's nice to put on your favorite clothes.

All Clothes should be lightweight and able to dry quickly. Cotton takes longer to dry and may not dry on trail. We recommend that you do not bring jeans for the trail portion of your trip.

OTHER NECESSARY STUFF

- Water Bottles – Two or Three water bottles carrying about 1 L each.

OR

- Hydration System - Camelbak style water bladder and hose (Can be found at wal-mart's camping section)
- Pillow
- Earplugs (for better sleeping at night)
- Toiletries - Toothbrush, toothpaste, (shampoo, towel, etc. FOR BASE CAMP ONLY).
- Flashlight or Headlamp with extra batteries
- Sunglasses
- Sunscreen, Chap Stick, Bug repellent
- Bible & notebook/journal with pen
- Bars to eat (Cliff, Luna, or something with more protein than sugars for time at camp and on the peak ascent day)
- Bible & notebook/journal with pen
- Medications – NOTE: All doctor prescribed medications must come in the prescription bottle with directions.

See packing list on your registration account for a checklist and more optional items

If you need to contact Glorieta Wilderness with any questions or concerns, you can email Scott Chapman at scott@glorieta.org