

Let the Wilderness be our Teacher Trip Colorado June 19 – 23, 2019

Packing List

AEI (Adventure Experiences Incorporated) Base Camp provides most of the necessary equipment for your trip. You will provide the personal items listed below. Please keep in mind that the weather in Colorado can change rapidly. Rain or snow showers are likely and temperatures can vary from 25 degrees to 80 degrees on a day in May through August. This means that wool and synthetic blends are preferred over cotton clothing. Try to bring “layering” clothes that include both cotton and wool/synthetic. (Synthetic means polypropylene, polartec, (fleece), synchilla, capilene, etc.) The Base Camp is around 10,000 ft. in elevation and altitude sickness is a common occurrence. Drink plenty of WATER prior to arriving, as it combats altitude sickness.

Be Sure to Bring

- **2 Water Bottles** (a necessary item – need at least two water bottles, 1 liter each. A hydration pack holding at least 2 liters is also fine)
- Rainwear** (parka w/hood or poncho, pants optional)
- T-shirts, long-sleeved t-shirt
- Shorts
- Long Pants (bring at least one pair of pants that are not jeans, but have minimal cotton)
- Sweater/shirt (Wool/Synthetic)
- Flannel/Sweat Shirt
- Socks (cotton ok, but good to have a few wool/synthetic socks too)
- Underwear
- Long Underwear (preferably synthetic/wool/silk)
- Jacket – warm
- Warm Gloves
- Warm Hat (stocking hat)
- Sun Hat/baseball cap
- Hiking Boots (Nice to have, but not necessary. If you bring boots, make sure to break them in beforehand if they are new. Mid-height preferred)
- Athletic Shoes
- Rafting Shoes (old pair of shoes or sandals with a heel strap. NO Crocs. Tevas, Chacos, or water shoes)
- 2 Swimsuits
- Sunscreen and Chapstick
- Sunglasses
- Insect Repellent
- Bible, notepad, pen/pencil
- Bandanna
- Camera
- Moleskin for blisters (optional)
- Small Backpack – For peak ascent hike
 - Bars to eat (Cliff, Luna, or something with more protein than sugars for time at camp and on the peak ascent day)
- We will be staying in cabins without climate control. **Please bring Sleeping bag** – warm (20-30 degree) **or sheets/thick blankets** that will keep you warm in temps down to 30 degrees
- Pillow
- Flashlight or headlamp (extra bulbs, batteries)
- Earplugs (for better sleeping at night)
- Toiletries
- Towel/Washcloth
- Alarm clock (optional)
- Portable charging device (no outlets in cabins)

-Medications (doctor prescribed meds must come in prescription bottle w/ directions)

- Moleskin/blister care (optional)
- Watch (highly recommended)

Do Not Bring

iPods/MP3 players, illegal drugs, over-the-counter medication, marijuana, THC edibles, vapor pens/e-cigarettes, tobacco products of any kind, guns/explosives, weapons/knives, fireworks, blow-dryers, curling irons, electronic games, pets, personal harness/rock climbing equipment, valuables/personal prized possessions

*There will be no cell phone reception at the base camp. However, cell phones can be used a 15 minute down the road at the reservoir.

Additional Info

Sleeping bags can be rented for \$7/night. There is a Camp Store with t-shirts, hats, etc that accepts cash and credit card.