

**Code:**

- \*- available at trading post. View apparel offerings in advance at [GardenGroundOutfitters.com](http://GardenGroundOutfitters.com)
- S- Share with buddy
- F-Female participants

Equipment	Qty	Comments	Code	Check
<b>Upper Body</b>				
Sweater	1	like a light fleece sweater	*	
Jacket	1	light jacket for evening	*	
Rain Jacket	1	Sturdy and waterproof, with a hood, coated nylon and breathable fabrics are acceptable.	*	
Rain Pants	1	Sturdy and waterproof, with a hood, coated nylon and breathable fabrics are acceptable.		
Shirt-Short sleeve	3	Moisture wicking. 1 cotton for camp. 2 synthetics for river. SPF for river.	*	
Shirt- Long sleeve	1	Moisture wicking, no cotton or nylon. SPF	*	
Sports Bra (F)	2	Synthetic	F	
<b>Lower Body</b>				
Long Pants	1	not jeans, synthetic material that works on river. SPF		
Underwear	3			
Hiking Shorts	2		*	
Swim Trunks	2	For aquatic activities		
<b>Head Neck and Hands</b>				
Baseball cap or wide brim hat.	1	Sun protection for face and ears.	*	
Beanie	1	No cotton. No ball on top (to fit under helmet) optional if you are very cold natured or concerned.		
<b>Packs and Bags</b>				
Gallon zip lock bags	6 to 12	For waterproof storage.	S	
small stuff sacks	2 to 3	Pack personal items/organize.		
Shower/toiletry bag	1			
<b>Sleeping Gear</b>				
Sleeping Bag	1	Packable in a compression bag.	*	
Sleep clothes	1 set	T-shirt and gym shorts worn only to bed. Cotton is fine.	*	
Sleeping pad	1 (Recommended)	Compact. No oversized pads.		
Pillow	1	Compact. Optional	*	
<b>Footwear</b>				
Socks	3 pair	synthetic or wool.	*	
Camp Shoes	1 pair	Lightweight sneakers work best.		
Water shoes	1 pair	River Sandals like Keens, Chacos, Tevas etc. See <a href="#">Footwear</a> .	*	
<b>Miscellaneous</b>				
Water bottle	32 oz.	"Nalgene" style. Durable lid with ability to be attached with a <a href="#">locking</a> carabineer. If concerned about breakage, bring a backup.	*	
Locking Carabiner	1-2	Screw type is best. Wider opening preferred for dealing with water bottles and such. Only 1	*	

		required but bring another if desired. <b>Non-locking carabiners will not be allowed on the water as they pose a safety hazard.</b>		
Mess Kit	1	Plate with lid, knife spoon fork. See <a href="#">Mess Kits</a>	*	
Pocket knife or multi tool	1	Small knife will work. Accessible at camp only.	*	
Flashlight/headlamp	1	Durable, bring extra batteries	*	
Bandana	1		*	
Money	\$60.00	For on-site time at the Summit (trading post or snacks)		
Lip Balm	1	Moisturizing balm with SPF-25 or greater.	*	
Soap	1	Any style, eco-friendly preferred	*, S	
Sunscreen	1	Enough for the week	*, S	
Aloe	1	Can be included in the Crew First Aid Kit	*, S	
Poison Ivy Medicine	1	Types: Calamine, Tecnu, Zanafel Can be included in the Crew First Aid Kit	*, S	
Toothbrush	1		*	
Toothpaste	1		*, S	
Towel	quick dry		*	
Tampon/pads			*, F	
Sunglasses	1	With a retaining strap.	*	
Watch	1	optional		
Camera	1	If for the river, it needs to be waterproof.	S	
Foot powder	1		*, S	
Notepad and pen	1		*, S	
Insect repellant	1		*, S	
Fishing Equipment	1	See <a href="#">Fishing</a> section. Optional		
<b>CREW EQUIPMENT</b>				
<b>Equipment Provided by Crew</b>				
Tents		9x9 or smaller. Tenting assignments are up to the unit.		
Crew First Aid Kit	1	Minor. Band Aids, alcohol wipes, antibiotic ointment etc.		
Duct Tape	1 roll	For equipment repair	*	
<b>EQUIPMENT PROVIDED BY THE SUMMIT</b>				
<b>Equipment Provided by Summit</b>				
Camp Dry Bag	1 per person	110 liters		
Day use dry bag	1 per person	5 liters		