

## PERSONAL EQUIPMENT LIST

Code:

\*- available at trading post 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 and Pants	1	Sturdy and waterproof, with a hood, coated nylon and breathable fabrics are acceptable.	*	
Shirt-Short sleeve	3	Moisture wicking, no cotton or nylon.	*	
Shirt- Long sleeve	2	Moisture wicking, no cotton or nylon. 1 for Service project.	*	
Sports Bra (F)	2	Synthetic	F	
<b>Lower Body</b>				
Long Pants	2	not jeans, one pair for service project	*	
Underwear	3		*	
Hiking Shorts	2		*	
Swim Wear (OP)	1	For aquatic activities	*	
<b>Head Neck and Hands</b>				
Baseball cap or wide brim hat.	1	Sun protection for face and ears.	*	
<b>Packs and Bags</b>				
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 of clothing or other items		
small stuff sacks	2 to 3	Pack personal items/organize.	*	
Shower/toiletry bag	1		*	
<b>Sleeping Gear</b>				
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.	*	
<b>Footwear</b>				
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.	*	
Bike Shoes, skate shoes or low-rise tennis shoes.	1 pair	For those participating in mountain biking, skateboarding or BMX.		

**Continued on Next Page**

<b>Miscellaneous</b>				
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/headlamp	1	Durable, bring extra batteries	*	
Compass	1		*	
Bandana	2		*	
Money	\$60.00			
Lip Balm	1	Moisturizing balm with SPF-25 or greater.	*	
Soap	1		*, S	
Sunscreen	1		*	
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 repellent	1		*, S	
<b>EQUIPMENT PROVIDED BY THE SUMMIT</b>				
<b>Equipment Provided by Summit</b>				
9' x 9' Dome tent	2 people per tent	Ground Cloth Included		
Cots	2 per tent			
Picnic tables	2 per crew			
Dining Fly	1 per crew			