

# Backpacking



**PRE-TRIP MEETING:** \_\_\_\_\_ @ 6 PM in the Peak Adventures office (PeakAdventures.org for map)

**TRIP:** Meet at Peak Adventures office on \_\_\_\_\_ at 7AM.

Returning on \_\_\_\_\_ at approximately 6PM.

Location: \_\_\_\_\_.

**Peak Adventures will provide group equipment such as: tents, backpacks, sleeping bags, sleeping pads, ground tarps, stoves and fuel, cooking utensils, water filters, and first aid kits.**

**You may use personal outdoor equipment at the discretion of the trip leader such as:**

- Backpack (internal or external frame pack with at least 65 liters of capacity)
- Sleeping bag (appropriate for climate)
- Insulated ground pad
- Tent

## Personal Items

- Day pack
- Personal utensils: bowl, insulated cup, spoon/fork
- Headlamp (strongly recommended) or flashlight with fresh batteries
- Personal hygiene products (travel size tooth paste, tooth brush, bio soap, baby wipes)
- Medications
- Toilet paper and 2 Ziplock bags
- Sunscreen and lip balm
- Insect repellent
- Camera (optional) with batteries
- Sunglasses
- Bandana
- Plastic bags for trash

**Alcohol and illegal drugs are prohibited on all Peak Adventures trips.**

## Refund Policy:

- Cancellations made less than two weeks (14 days) prior to the event are not refundable.
- There is a \$10.00 fee for all cancellations and transfers.
- Should Peak Adventures cancel a trip or a class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and participant numbers.

## Clothing

**\* The best performing outdoor materials are synthetic (rayon, polyester, nylon, fleece, spandex), wool and silk.**

- Long underwear tops and bottoms (avoid cotton)
- 1-2 synthetic/athletic shirts
- Shorts or synthetic pants (depending on weather)
- Wool sweater or fleece jacket
- Rain gear (tops and bottoms)
- Hats (one for warmth, one for shade)
- Synthetic or wool socks (2 pair)
- Hiking boots or sturdy, supportive broken in sneakers
- Comfortable shoes to wear in camp
- Swimsuit and towel (depending on the trip)
- Gloves
- **REMEMBER: NO COTTON, NO JEANS**

## Food

- Water (at least 2 liters) in a hydration bladder and/or reusable water bottles
- Breakfast (hot water will be available)
- Lunch (high energy, will not spoil, packable)
- Dessert and/or snacks
- Dinner is provided by Peak Adventures

If there are foods that you are allergic to or will not eat, please be sure to let us know ahead of time.

## Food Ideas

### Breakfast

- Granola or other dry cereal w/ powdered milk or unopened almond milk
- Instant oatmeal
- Dried fruits
- Pop Tarts
- Muffins
- Bagels
- Mixed nuts

### Lunch

- Durable fruits & veggies (i.e. cucumbers/carrots)
- Energy bars
- Trail mix or dried fruit
- Cookies
- Bagels, rolls
- Hummus or tabbouleh
- Peanut butter
- Cheese
- Salami
- Jerky
- Crackers or pretzels

### Drinks

- Hot cocoa
- Instant coffee or tea
- Gatorade
- Water
- Hot cider
- Hot Jell-o

## Do NOT Bring

- Electronics
- Valuables

## Packing Tips

- When packing foods, discard original packaging when possible and opt for re-sealable plastic bags. Then, to save space, squeeze the air out of the bags before packing.
- It helps to compartmentalize your pack by using colored stuff sacks for different categories (i.e. blue for clothing, red for food, green for misc., etc.)
- Aim to keep equal weight distribution throughout your pack. It helps to try the pack on during packing to ensure proper weight balance.