



Thank you for registering for an adventure with ASI Peak Adventures! Please use this checklist as a starting point when preparing for your trip. If you have any questions or concerns **please call (916) 278-6321 or come into our office if further details are needed.**

GEAR _____

Peak Adventures will provide technical equipment.

You may use personal outdoor equipment after inspection from your trip leader the morning of the trip.

PERSONAL ITEMS _____

- Day pack
- Sunglasses
- Hat with visor or brim
- Insect repellent
- Sunscreen and lip balm
- Camera (optional) w/batteries
- Handi-wipes (optional)
- Personal medications

CLOTHING _____

Wear Clothing Appropriate to Weather Conditions

- Wear layered clothing (weather appropriate)
- Rain jacket or windbreaker external layer for wet or windy conditions
- Loose, comfortable pants or shorts (weather appropriate)
- Wool or synthetic socks
- Broken-in, sturdy shoes (ankle support preferable)
- Activity dependent gear (Swimsuit, Winter Boots, etc.)

The best performing outdoor materials are synthetic (rayon, polyester, nylon, fleece, spandex), wool and silk.
Cotton & jeans are NOT recommended.

FOOD _____

- Water (at least 2 liters)
- Bring your own lunch, snacks

SUGGESTED TRAIL FOODS

- Sandwich
- Fruit (fresh or dried)
- Granola bar or energy bar
- Bagels with salami and cheese
- Trail mix
- Crackers and cheese
- Sport drinks or juices

Alcohol and drugs are prohibited on all Peak Adventures trips.

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