



Thank you for registering for an overnight 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 attend the pre-trip meeting for further details.**

GEAR _____

Peak Adventures will provide group equipment such as: tents, sleeping bags, sleeping pads, group cooking equipment, utensils, bowls, water filters, and first aid kits.

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

PERSONAL ITEMS _____

- Reusable water bottles (2-liter capacity)
- Personal hygiene products (travel size tooth paste, tooth brush, bio soap, baby wipes)
- Medications
- Sunscreen and lip balm
- Insect repellent
- Day pack
- Sunglasses
- Camera (optional)

Alcohol and drugs are prohibited on all Peak Adventures trips.

Revised 7/2021

FOOD _____

Peak Adventures supplies food for weekend trips. You may bring additional snacks or meals. If you have any allergies, please contact Peak Adventures about alternative options.

CLOTHING _____

This list is a suggestion, please pack clothing appropriate to weather conditions. Please attend the pre-trip meeting for more information.

- 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

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