

GEAR LIST: Colorado Utah Adventure "Tour"

Item	#	Own already	Who goin' to borrow from...	Packed..Yes?
CLOTHING:				
Underwear (1 pair for every 2 days)	#			
Cotton or nylon T-shirt (2 while on trail and 1 for everyday; lightweight synthetic breathable materials are best)	#			
Thermal underwear	1			
Pants (sweat pants and/or rain proof outdoor)	1			
Sweat shirt or fleece	1-2			
Jacket/Parka (Gortex is best..make sure it is water proof)	1			
Hiking/active shorts	2			
Socks, (ie Thoro-Lo; we suggest wool or synthetic that properly fit your foot)	2			
Socks, (athletic)	1			
Light hiking boots, trail shoes (make sure they are broken in...NO NEW BOOTS!)	1			
Comfort sandals/shoes	1			
Rain poncho for backpack (you can also use a heavy duty garbage liner/sack)	1			
Small bag (to store/organize clothes and other items when not needed in backpack)	1			
Gloves (warm mittens or gloves)	1			
Warm hat	1			

Item	#	Own already	Who goin' to borrow from...	Packed..Yes?
Hat for sun protection	1			
GEAR:				
Backpack	1		We can provide	
Daypack — lightweight and large enough to carry extra clothes, water and food	1			
Sleeping bag (rating of at least 20 degrees)	1		We can provide	
Sleeping Pad (Thermarest)	1		We can provide	
Rain cover for backpack	1		We can provide	
Dry bag for Zion Narrows (optional)			optional	
Plastic or thermal cup (to eat and drink out of)	1			
Flashlight/headlamp	1			
Sunglasses				
Water bottle (NOTE: A Camelback plus one water bottle is a great choice!)	2			
PERSONAL/TOILETRIES				
Toothbrush and small tube paste	1			
Biodegradable soap			Optional	
Sunscreen				
Lip balm				
Razor				
Comb/brush				
Prescription medications (if needed)				
Contact lens solution				
Camera				