



ADVENTURE EQUIPMENT LIST

General Equipment

All General Equipment is provided by Christian Adventures. If you have any of your own and would like to use it feel free, however guides must inspect and approve of all personal gear for your safety and well-being.

Clothing List

(The clothing items are all required unless noted. The quantities of each item, however, are flexible. If you want more of any item, like underwear or socks for example, that's OK. The numbers on the list are only what is the general norm.)

- 1 pair of hiking boots or sturdy tennis shoes (not fashion shoes of any sort)
Above all, make sure that your boots/shoes are well broken in before you arrive. Otherwise your feet will pay the price. We cannot emphasize this enough. Non-broken-in boots/shoes cause chafing and blisters.
- 3-5 pairs of medium weight wool or synthetic-fiber hiking socks (cotton is not an option)
- 3-5 T-shirts (synthetic or cotton/synthetic blend)
- 2-3 pairs of loose fitting hiking shorts (For Hiking, Biking, Climbing, and High/low ropes days)
- 4-5 pairs underwear
- Long underwear top and bottom (nights can get cold, even in the middle of summer)
- 1 long sleeve thick warm layer (fleece, flannel, etc./cotton is bad)
- Medium weight long pants
- Nylon wind jacket (not needed if your rain jacket can do the same job)
- Nylon wind pants (optional)
- Water proof rain parka or rain pants and jacket (one with a hood is best)
- Warm hat (not cotton)
- Warm gloves (not cotton)
- Ball cap (optional but very useful)
- Single piece bathing suit (for rafting and possible opportunities on the day hike)
- Camp shoes or sandals (make sure they won't come off during rafting)

Personal Gear

- Small Backpack (a school backpack will work just fine)
- 2 Water bottles (preferably 28oz or larger)
- Headlamp or flashlight (with extra batteries)
- Towel (for showers, rafting, swimming)
- Prescription glasses (if you have glasses it is a good idea to bring a second pair)
- Contact lens + stuff (contacts are OK but you should bring glasses as a backup)
- 1 toilet kit: Just the essentials; toothbrush and toothpaste, comb, sunscreen, lip balm, etc.
- Insect repellent.
- Medications (allergy medications etc.)
- Sunglasses (Extremely important in high elevations)
- Pillow (optional)
- Sleeping Bag (needs to be rated to at least 35°, the nights can get cold even in the summer)

Miscellaneous

- Bible (both New and Old Testaments if possible)
- Small note pad, and pen
- Compass (optional)
- Watch (optional)
- Cards, games (optional)
- Book for reading (optional)
- Thermometer (optional)
- Binoculars (optional)
- Camera, film (optional)

Please DO NOT bring the following:

- Valuable items such as rings, necklaces, watches, etc... (Due to the nature of outdoor activities, those items can be broken or lost very easily.)
- Electronic equipment such as MP3/CD players, radios, electronic games, cell phones, etc... (We want you to maximize the experience with your group in this natural setting. These items can also be damaged easily in an outdoor environment.)

Fabric Information

(The following information is important for daily adventure trips. Regular fabrics may be worn around basecamp.

Cotton

It is very important that the fabrics we wear on the trail or river do not absorb a great deal of moisture, and even if they do get damp, they need to have some insulating quality. Cotton does neither, it tends to absorb and hold moisture, which in effect pulls heat away from the body. This is not good - so **no 100% cotton jeans, socks, or sweatshirts.**

Wool or Polyester Pile

Polyester Pile comes under a variety of trade names: synchila, polar fleece, etc. Sweaters, socks, ski cap, gloves, etc. made of wool or polyester pile are very good body insulators. Even when wet, wool and polyester pile still have a strong insulating value and will wick moisture away from the skin to help keep the body warm.

Polypropylene

A material used to make underwear garments, T-shirts, and sock liners. Polypro quickly wicks moisture away from your skin, which is important in helping to keeping you warm.

Note for Women

The change in altitude and activities can cause irregular or unplanned menstruation, so please come prepared.