

# What to bring

## For an Ascent trip

### *Clothing (non-cotton, quick-drying)*

- T-shirts, 2
- Shorts (basketball/athletic), 1
- Long Pants, 1
- Socks, 3 pr.
- Sneakers/ Boots, 1 pr.
- Camp Shoes (sandals, flip flops, *light* water shoes), 1 pr.
- Beanie, 1
- Baseball cap, 1
- Fleece or sweatshirt, 1
- Long underwear, 1 pr.
- Rain jacket, 1
- Underwear, 2 pr.
- Liner gloves

### *Hygiene*

- Toothbrush
- Toothpaste

### *Miscellaneous*

- Sunscreen
- Sunglasses
- Bug Spray
- Headlamp
- Water bottle, 2
- Bible
- Journal (optional)

- Disposable or waterproof camera (optional)
- Extra-large trash bag(s), 1-2

### *For the drive*

- \_ Comfortable change of clothes
- \_ Snacks

### *Food*

Peak 7 provides the minimum amount of food to conserve weight

- \_ You may wish to bring some energy/nutrition bars – you will be carrying this food with you, so pack light

## What not to bring

- \_ Drug, alcohol or tobacco products
- \_ Firearms
- \_ Knives longer than 3 inches
- \_ Electronic devices (eg. iPod, cell phone, etc)

\* All items on this list (except some personal items: toothbrush, toothpaste, etc.) can be borrowed from Peak 7 for your trip.

\* Always feel free to ask if you would like to bring an item not listed. Our staff will be glad to let you know if the item would be of use on the trip.

### **Peak 7 Adventures**

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