



## BAC Packing List

\*Any items from this list that students do not have Peak 7 will be able to provide them for the course.

\*\*Non-cotton (50% cotton or less) is necessary for any clothing being used on backpacking and mountaineering trips.

Gear	Amount	Additional comments
<b>Expedition Gear</b>		
T shirt	3	
Shorts	2	
Pants	2 - 3	
Camp shoes	1	light hiking shoes, sneakers, sandals
Beanie	1	
Baseball cap	1	
Fleece Jacket	1	
Puffy Jacket	1	Synthetic is recommended
Rain/shell Jacket	1	Gore-Tex is recommended
Long underwear	2	
Long sleeve base layer	1	
Underwear	4 - 5	
Socks	3 - 4	wool is preferred (non cotton)
Boots	1	waterproof, stiff sole
Glove liners	1	
Gloves	1	Waterproof
Swim suit	1	
Sandals or water shoes	1	to be worn during rafting trips, sandals need to have heel strap
Sunglasses	1	UV protection
Headlamp	1	
Water bottles	2	1L reusable water container
Climbing Harness	1	
Climbing Shoes	1	

Climbing Helmet	1	
Sleeping Bag	1	0-20 degree synthetic is recommended
Sleeping Pad	1	insulated airpad, or closed foam pad
Mosquito Repellent	1	
<b>Toiletries</b>		
Toothbrush	1	
Toothpaste	6 travel size tubes	
Deodorant	1	
Soap	1	
Shampoo	1	
Sunscreen	3 - 4 travel size tubes	
Towel	1	
<b>In town cloths</b>		
T shirt	3 - 4	
Shorts	3 - 4	
Pants	2	
Light jacket	1	
Shoes	1	
Socks	5	
Underwear	5	
<b>Miscellaneous</b>		
Bible	1	
Pen/Pencil	1	
Watch	1	Digital, waterproof, wake up alarm
Spending cash	\$100	Not necessary, but recommended
Extra batteries		For your headlamp