



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 |
|------------------------|--------|---------------------------------------|
| Expedition Gear | | |
| T shirt | 3-4 | |
| Shorts | 2 | |
| Pants | 1 | Light weight hiking pants |
| 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 | 1 | |
| Long sleeve base layer | 1 | |
| Underwear | 5-6 | |
| Socks | 2 – 3 | wool is preferred (non cotton) |
| Boots | 1 | waterproof, stiff sole |
| Gloves | 1 | |
| Swim suit | 1 | |
| 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 |

