

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

Mosquito Repellent	1	
Toiletries		
Toothbrush	1	
Toothpaste	2 travel size tubes	
Deodorant	1	
Soap	1	
Shampoo	1	
Sunscreen	1-2 travel size tubes	
Towel	1	
Miscellaneous		
Bible	1	
Pen/Pencil	1	
Watch	1	Digital, waterproof, wake up alarm
Spending cash	\$50	Not necessary, but recommended
Extra batteries		For your headlamp