



Ascent Packing List

***Most 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.**

*****Phones are allowed on trips to take pictures and discretion is left to the group leaders for their use. Please also consider that even having a case on the phone may not prevent it from being damaged while on a trip.**

Gear	Amount	Additional comments
T shirt	1-2	
Shorts	1	
Pants	1	
Camp shoes	1	light hiking shoes, sneakers, sandals, flip-flops
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	2-4 pairs	
Socks	2-3 pairs	wool (non cotton)
Hiking Boots	1	waterproof, stiff sole
Glove liners	1	
Gloves	1	Water proof
Backpack	1	65 L
Sunglasses	1	UV protection
Headlamp	1	

Water bottles	2	1L reusable water container
Sleeping Bag	1	0-25 degree synthetic recommended
Sleeping Pad	1	
Toiletries		
Toothbrush	1	
Toothpaste	1	Travel size tube
Sunscreen	1	Travel size tube
Miscellaneous		
Bible	1	
Journal	1	
Pen/Pencil	1	
Watch	1	Digital, waterproof, wake up alarm