



What to bring for a Basecamp trip

Clothing

- T-shirts (2-3)
- Shorts (2-3)
- Long pants (1)
- Warm layers for night (fleece, sweatshirt, etc.)
- Long underwear, top and bottom (or other sleepwear)
- Beanie
- Rain gear or poncho
- socks and sneakers
- Bathing suit or non-cotton clothes for rafting

Misc

- Water bottle
- Flashlight
- Sleeping bag
- Towel
- Peak 7 waiver and overnight medical form

Hygiene and Personal Items:

- Toothbrush and toothpaste
- Deodorant
- Sunscreen
- Sunglasses
- Bible and notebook (optional)

Food

Peak 7 provides food during the trip. If you have food allergies or other dietary restrictions, please let us know and plan on bringing supplementary food.

What NOT to bring:

- Drugs, alcohol, or tobacco products
- Knives
- Firearms
- Electronics (ipod, cell phone, etc.)

*** 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.

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