



Rippleffect

LEADERSHIP THROUGH ADVENTURE

Senior Quest Gear List: Mountain Quest

We would like you to be prepared with gear that will keep you safe and comfortable on your backpacking adventure. All items on the list are important and should be brought to the program. *Please let us know in advance if you cannot provide some of these items – we have a limited amount of equipment and clothing to loan out.*

Please Bring:

- 1-2 pair long underwear bottoms
- 1-2 Pairs of Pants (Nylon or Synthetic)
- 1 Warm Wool Sweater or Polar Fleece
- 1 Warm Hat, Wool or Fleece
- 1 Nylon or Synthetic Swim Trunks or Bathing Suit
- 2 long sleeve "base layer" shirts (preferably non-cotton)
- 3-4 Pairs of Socks (Synthetic, Wool, or Smartwool)
- 1-2 Pairs of Comfortable Shorts
- 1-2 Short sleeve shirts
- Sleeping attire
- Rain Gear - jacket and pants
- Mid to heavy weight jacket
- Sunscreen and chapstick
- Sunglasses with strap
- Baseball Hat or Sun Hat
- Hiking boots or comfortable athletic walking shoes: Must be sturdy & close-toed
- Any medications you will need for the duration of the program, labeled please!
- If you wear glasses, please bring a strap
- Toothbrush and toothpaste
- Extra underwear
- Sleeping Bag & Sleeping Pad
- Flashlight or headlamp with extra batteries
- 2 Large Water Bottles (any clean, recycled soda bottle would work)
- Camp bowl, spoon and insulated mug
- Compactor or Trash Bags and zip lock bags (to waterproof important items)
- Journal and pen
- 60 liter or larger backpack

Optional Gear, but Helpful to Have:

- Watch
- Trekking poles
- Camera (disposable only! No digital cameras are permitted)
- Small stuff sacks
- Bandanna

The DO NOT Bring List:

- Flip flops or open-toed shoes
- Revealing clothing
- Any electronic equipment: cell phones, video games, toys, radios, iPods or digital cameras
- Cigarettes, Alcohol or Drugs
- Weapons: This includes knives or any sort of item that could be considered a weapon



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→ Remember that you are responsible for carrying your own gear, so please pack only what you can carry.

→ ****PLEASE LIMIT YOUR COTTON CLOTHING!** Cotton/jeans takes a very long time to dry and does not retain its warming properties when wet. Polyester, synthetics, nylon, fleece, and wool are all great options. Students can bring cotton clothing to change into at the end of the day.**