



A COLORADO TRAIL FOUNDATION PROGRAM
provided by **Colorado Mountain Expeditions**

What to bring: Advice for the Colorado Mountains

The following list is intended to help you understand the gear and supplies you will need for safety and comfort on the Colorado Trail.

MOUNTAIN WEATHER CAN BE EXTREME! BE PREPARED FOR COLDER OR WET WEATHER!

When packing, remember that it may be sweltering at your house, but the mountains will certainly be different! Pack warm, hydrophobic clothes. Weather is something we cannot predict. Be prepared for all extremes; sunny and hot, or cold, wet, windy and stormy.

SPACE IS LIMITED ON THE TRUCKS

We need to fit all the camp gear and belongings for eighteen people onto two trucks. There is not an abundance of room for extra "stuff". We want you to pack what you will need to be comfortable for the week but PLEASE only bring what you need.

You will be limited to TWO soft duffel bags (up to 35 lbs each) and your day pack. Please don't bring hard suitcases. This would be a good week to use dry bags if you own them. We will do everything in our power to keep your gear dry, but wet weather can be insidious!

PERSONAL FOOD

We supply and prepare large, healthy breakfasts and dinners. Lunches are packed buffet style, with many options from sandwiches to fruit to candy! If there is a specialty food item that you really need or enjoy, feel free to bring it and we can store it for you. Please notify us (via Health Form or email) if you have dietary restrictions.

BEVERAGES

We provide an assortment of beverages; coffee, tea, soft drinks, Gatorade, juices, milk and of course potable water. We encourage you to increase your water consumption a few days prior to the trip and during the entire trip.

Alcohol is not provided. However, you may bring your own alcohol and keep it in our coolers. Cans and box wines are preferred rather than bottles.

YOUR COLORADO MOUNTAIN EXPEDITIONS CHECK LIST

PERSONAL BEING

- Physically well-conditioned body
- Feet that are hiking tough

CLOTHING

- 2 pair of hiking shoes
(not heavy backpacking boots!)
- Hiking pants-quick drying
(zip-offs are nice)
- Comfortable, warm camp pants
- 2 hiking shorts
- 3-4 short sleeve wicking shirts
- 1-2 lightweight long sleeve shirts
- Warm layer – fleece, puff, wool, etc
- Rain jacket – waterproof/breathable
- Rain pants – waterproof, breathable
- Sun hat or visor
- Stocking cap or warm hat – needed!
- 4-6 pair socks–quality ie: Smartwool
- 4-6 underwear
- Warm jacket for evening in camp
- Camp shoes or boots and/or sandals

GEAR

- Warm sleeping bag
- Sleeping pad
- Weather-proof TENT – your tent must be weather proof and large enough for you and all of your gear. Do not bring a tiny backpacking tent! Rentals are available.
- Head lamp and extra batteries
- Hydration bladder or water bottles
(3-4 liter capacity)
- Day pack with rain cover
- Small first aid/blister kit
- Two soft duffel bags for your gear

PERSONAL

- Meeting directions
- Personal toiletries
- Bath Towel, Shampoo, Soap
- Sunscreen SPF 36 & lip balm
- Sunglasses
- Bug repellent

CASH FOR -

Beverages
Alcohol is not provided.
You may bring your own.

Merchandise and incidentals

Tips –

Your guides will work hard to make your trip possible and enjoyable. Please show your gratitude with a 12-15% gratuity. You can give your tip to Chris, who will divide it equally among the crew.

NOTE: Jeanne and Chris do not share in the tip pool.

OPTIONAL ITEMS

- Camera and extra batteries
- Solar charger or extra batteries for electronic devices. (We cannot charge your phone for you.)
- Map, compass, CT data book, GPS
- Garbage bags to keep items dry
- Reading material
- Trekking Poles
- Gators
- Sock liners
- Long underwear
- Bandana
- Potty Trowel... for on the trail