

## **EQUIPMENT REQUIREMENTS**

### **TREK 1 COLORADO BACKPACKING TRIP**

**PHYSICAL CONDITION:** This is a strenuous hike that will test your legs and knees. I would suggest that you plan on at least a two month program of walking, stair climbing, light weight training, and hiking often with a loaded pack (25 pounds for women and 30 pounds for men) to prepare for this hike. If you cannot get to the mountains, find some hilly terrain or walk around your neighborhood. The more planned effort you put in before the hike, the more you will enjoy our trip.

**FOOTWEAR:** This is the most important part of your hiking equipment. You must have well fitting, broken in boots with VIBRAM type soles that are in good repair. (Hard, smooth soles SLIP on rocks and roots, sneakers don't provide enough support). You should also plan to wear an outer medium- to heavy-weight sock with an inner lightweight liner sock to prevent blisters. It is also desirable to have lightweight sneakers, sandals, or cros to wear at the campsite and for any water crossings.

**PACK:** Packs will be provided if you do not have one. If you choose to bring your own pack, read on... The second most important item of equipment is an adequate and comfortable pack. It should have padded shoulder straps and a hip belt to take the load off the shoulders. Internal frame packs that carry at least 3200 cubic inches are preferred – I have a 3600 cu. in. pack. You should also have a pack cover. Travel type packs will not be allowed. If you have a new pack, please become familiar with its adjustments. Each person will carry their own clothing, gear, food and group gear. The total pack weight should be no more than ~25 lbs. for ladies at lower end of weight scale and ~30 lbs. for guys. Packs are NOT waterproof!! Line your pack with a large plastic heavy duty trash or compactor bag that will accommodate your gear. All clothes must be in waterproof plastic bags.

**FOOD:** Hearty meals and trail snacks will be provided, and we will cook our own breakfasts and dinners. We can accommodate vegetarians and some other diet restrictions with sufficient notice, so please ask if you have any specific questions. Backpacking is not a "weight loss strategy"—your body WILL require the extra calories and protein in order to function properly.

#### **CLOTHING NOTES:**

- Bring a fresh change of clothes for the trip home.
- It is a good idea to put your name on your gear and clothing, as so much of it looks the same. If you lose it you will have a better chance of getting it back.
- We will hike in the same dirty clothes every day and have a clean set of clothes to put on at the campsite each night.
- Some cold weather gear will probably be left in your clean clothes bag to be picked up on the last day depending on the weather.

## Personal Pack List

- Backpack\* – lined with large trash bag (min. 3200 cubic inches – as described above)
- Pack Cover\*
- Hiking poles (Optional)
- Sleeping bag- 20-32° rated\*
- 2 or 3 - 1 Quart water bottles or 2 qt. bladder and a 1 qt. bottle
- Hiking boots (as described above)
- 3 pairs of wool or synthetic heavy hiking socks
- 3 pairs of synthetic sock liners If you use them
- 3 changes of underwear – no cotton
- 2 short sleeve shirts (synthetic type)
- 2 pairs shorts – zip offs are great (synthetic – no cotton)
- 1 pair top and bottom of polypro type long underwear
- 1 Rain Jacket (Gore-Tex or similar) with hood\*
- Rain Pants – best if you can put them on over your boots\*
- Wool or fleece hat
- Wool, polypro or fleece gloves- light or medium weight
- Heavy wool sweater or polartec fleece
- Headlamp or tiny flashlight
- Camp shoes (Crocs, Texas, lightweight shoe, etc.)
- Small camp towel (microfiber is lightweight. Get a pack at WalMart!)
- Personal hygiene supplies
- Personal first aid kit – include mole skin or other blister first aid
- Signal whistle
- Small pocket knife
- Extra boot laces – more than one use
- Bandana or 2
- Sun block
- Sun glasses
- Bug spray
- Ziplock bags (gallon size) to store clothes in (freezer bags are tougher)
- Baseball cap (optional to keep sun/rain off)
- Camera (optional)
- Bathing suit (1-piece for ladies, trunk style for gentlemen)

### Personal Packing List for the Overnight on **July 24<sup>th</sup>** in Santa Fe, New Mexico:

- Comfortable clothes
- Toiletries (toothbrush, towel, shampoo)
- Sleeping bag/Pillow
- A Snack and/or drink to share in the van

## GUIDE TO EQUIPMENT & CLOTHING

For this or any hiking, backpacking or adventure trip, it is not necessary to purchase new “state of the art” technical equipment and clothing in order to be safe and enjoy your trip. In fact, many experienced backpackers and Appalachian Trail thru-hikers forego the name-brand, high-cost approach and utilize many of the principles shared here as a way to lighten their load and make their trips affordable.

**Pack and Cover.** Our outfitter/guide will have fully adjustable packs available for you to use for our trip. No need to purchase one just for this trip. In fact, purchasing a pack without any trail experience may result in you purchasing a high-cost pack with features that are unnecessary and get in the way of how you hike. If you DO purchase a backpack, realize that no pack is waterproof and you will most likely need a pack cover, especially to protect from light and intermittent rain. However, we will be lining the inside of our packs with, and storing ALL our contents in trash bags.

**Water Bottles.** No need to purchase Nalgene bottles or Camelback bladders when 2 soda bottles will do nicely. Smart Water bottles are especially well-suited, but any plastic bottles will do—buy a couple of 20 oz Cokes or Pepsis on the way to Colorado, rinse them out, and you’ll be fine!

**Clothing.** Cotton kills in the mountains. When wet, it conducts heat away from your body and loses all its insulating properties. Synthetics like Polypropylene or Polyester retain their insulating properties when wet and dry much quicker than cotton. Therefore, those materials or even wool will be what we look for in clothing. HINT: check out Goodwill for cheap synthetic shirts, pants, etc that will do the job. Plus you can make your own fashion statement!

**Underwear.** Same deal as clothing—synthetics.

**Sock.** Same deal as Clothing above. Socks such as SmartWool ([Socks](#)) or similar products are especially well-suited to hiking. Consider thin liner socks (like these [liner socks](#)) to wear in conjunction with your hiking socks to prevent blisters.

**Rain Jacket.** Our outfitter will provide ponchos if needed. A coated nylon or waterproof-breathable jacket is especially well-suited for hiking. These materials also serve as effective barriers to cold winds and act as a layering shell over fleece to help you regulate body temperature. However, realize that if it’s raining and hot enough, you will become wet.

**Sleeping Bag.** A 40 degree bag should be sufficient. If it gets colder than that, we put on long underwear to stay toasty!

**Camp Shoes.** You’ll want something light-weight to wear around camp at the end of the day and/or for river crossing so that you can keep your boots dry. Trust me.

**Camp Towel.** Microfiber works really well, and a 14 x 20 size is adequate for drying you off quickly, and weighs next to nothing. Wal-Mart has these in the automotive section.

**Hygiene Products.** Buy travel sizes and store in a zip-lock freezer back.

**Layering.** Your clothing system is very important to help you maintain body temperature. Layering is the key, and gives you enormous flexibility. You should be shooting for the following:

#### Upper Body

1. Thermal (long underwear) top
2. T-shirt
3. Long sleeve T or turtleneck
4. Fleece- medium and/or heavy layer
5. Shell—to protect from wind and/or rain

#### Lower Body

1. Thermal (long underwear) bottom
2. Undies
3. Shorts
4. Pants
5. Rain/Wind Pants

#### Head/Hands/Feet

Head- warm winter hat, ball cap, headband  
Hands- liner gloves, gloves and/or mittens  
Feet- See socks section.

### **Trip Notes**

You don't have to be an expert backpacker or hiker to go on TREK 1. This trip is designed to teach you the skills and practices to be able to enjoy yourself in the backcountry and manage risks for a safe trip.

We go on these trips in order to see amazing scenery and animals that most people will never see—because the only way you see these things is to “carry your house on your back” and be in the woods for multiple days.

Will it be easy? NO— but it is do-able. And you will have fun, even as you are challenged physically, mentally and spiritually. It was in the wilderness that Jesus went when He wanted to recharge. AND it was in the wilderness where He faced some of His greatest challenges.

Be ready to learn about nature, hiking, camping, yourself, others, and God. We will ALL return changed... hope you will join us.