

High Camp Packing List

Any outing into the mountains can bring unexpected changes in itinerary, weather, or camping conditions. We will be traveling above 7,000ft for most of the trip and summer weather in the Tahoe area is often unpredictable with frequent afternoon thunderstorms that often include heavy rain and even hail/snow at times. It is essential that you bring **ALL** of the items listed below.

*Cotton does NOT belong in the wilderness; it has no insulation when wet and takes forever to dry.

CLOTHING

- Fleece Jacket* (1-2)
 - Long Underwear-top* (NO Cotton)
 - Long Underwear-bottom* (NO Cotton)
 - Lightweight Gloves (1pr)
 - Wool/Fleece Hat
 - **Waterproof** Rain Jacket*
 - **Waterproof** Rain Pants*
 - T-Shirts (2) (Cotton is fine)
 - Nylon Shorts (1-2 pair)
 - Underwear and sports bra
 - Modest swimsuit (girls: one-piece/ guys: shorts that fit at natural waist)
 - Wool socks (3 pair)
 - Lightweight hiking boots* (Broken In)
 - Lightweight running shoes*
 - Small bag with clean clothes, beach towel, soap & shampoo for after you return from the backcountry
- * See specific info on page 2

PERSONAL EQUIPMENT

- Sunscreen/Lip balm
- Sunglasses
- Insect Repellant (small bottle)
- Baseball Cap & Bandana
- Personal Hygiene kit (toothbrush, toothpaste, comb, hand sanitizer, small ziploc of wet wipes, tampons)
- Headlamp/Flashlight w/ extra batteries
- Bible/Journal/Pen
- Cup/Bowl and spoon*
- Water bottle (2)*
- Camera
- Spending \$ for camp store

WHAT NOT TO BRING Cell Phones, iPods, MP3 players, Radios, Laptop Computers, iPads or Tablet Computers, Video Cameras, Weapons (including but not limited to knives, guns, firecrackers, pepper spray, etc.), Hand Held Video Games, Prank Items, Drugs, Alcohol, Tobacco Products, Pets, Bad Attitudes, Valuables of any kind. Zephyr Point is not responsible for lost, stolen or damaged property.

BACKPACKING GEAR

We will provide ALL personal backpacking equipment and group gear (tents, stoves, etc). If you plan on bringing your own equipment, please take note of specific info about each piece of gear.

- Backpack (Needs to be at least 60 Liters)
- Sleeping Bag (Synthetic Bag rated to 20-degrees)
- Sleeping Pad (Full length closed cell foam or Thermarest style pads work great)

REI and Sports Ltd. are great sources for quality outdoor equipment. In addition, **Sierra Trading Post, Campmor, REI-Outlet, and Steep & Cheap** are good online stores that offer quality equipment at good prices.

- Fleece Jacket

This will be your main insulation layer. Fleece is lightweight and is a great insulating layer even when wet.
NO Cotton sweat sweatshirts!

- Long Underwear

This is your base layer that will draw moisture away from the skin. Midweight Polypropylene, Capilene, or wool/synthetic blend. Long underwear containing cotton will not be acceptable. You will need a long sleeved top and full-length bottoms.

- Rain Jacket & Pants

We could have sunshine, rain or snow (or some of all three) during your trip. Rain gear needs to be fully **waterproof**, not just water resistant and keep you dry even in the event of prolonged exposure to rain, wind and cold. **NO cheap Walmart rain ponchos. NO Jeans.**

- Hiking Boots

This is one of the most critical pieces of equipment that you will take on the trip. I Select lightweight hiking boots (not steel-toe or “work” style boots). Your boots must fit your feet well and should be **well broken in before you arrive!** One of the quickest ways to ruin a trip is to develop painful blisters from boots that don’t fit well or are not broken in. Start by walking around your house and build up to short hikes while carrying a loaded pack. A few recommended brand names are: Vasque, Merrell, La Sportiva, Asolo, Lowa, Keen, and Salomon.

- Running Shoes

Used for wearing around camp in the evenings and possible backup pair of hiking shoes. For this reason they should not be open toed. Bring shoes that you don’t mind getting wet and dirty.

- Cup/Bowl & Spoon

Non-Breakable, durable plastic cup and bowl that will keep food warm. We recommend against metal bowls and cups because hot food and drink can easily burn you thru the metal and they do not keep food warm.

- Water Bottles

1-liter (32 oz.) size, durable water bottles with a good lid. Nalgene makes a variety of durable water bottles. Bladders (CamelBak, Platypus, etc) are acceptable, but if you bring a bladder, please bring at least one hard water bottle in case the bladder springs a leak.

Equipment Check

The Zephyr Point staff will check your equipment before you leave for the backcountry and will ask you to leave behind any equipment that is not suitable for the trip. If a piece of equipment is deemed unsafe or likely to fall apart in the field, we will require you to replace it by rental or purchase from a local store. This policy enables us to ensure the entire group has a safe experience on the trail.