



GEAR LIST

CLOTHING (Nylon/Athletic or something that dries quickly)

- T-shirts, 2
- Shorts, 1
- Long Pants (Nylon preferred), 1
- Socks, 3 pr.
- Sneakers/Boots, 1 pr.
- Camp shoes (sandals, flip flops, *light* water shoes), 1 pr.
- Beanie, 1
- Fleece or sweatshirt, 1
- Long Underwear, top and bottoms, 1
- Rain gear or poncho, 1
- Underwear, 2 pr.
- Bathing suit, 1 pr.

HYGIENE AND PERSONAL CARE

- Toothbrush and Toothpaste
- Toilet Paper
- Towel (polyester)
- 2 Large Trash bags

MISCELLANEOUS

- Sunscreen
- Sunglasses
- Pocket Knife (not necessary)
- Disposable camera (not necessary)

FOR THE DRIVE

- Comfortable clothes
- Snacks
- Money for food

FOOD

- Peak 7 provides the minimum amount of food to conserve weight.
- You may wish to bring some energy/ nutrition bars.
- You will be carrying this food with you so pack light.



Getting Prepared

Week Before

- Wear your Camping boots around the house. Preferably, put on a heavy backpack and walk around for an afternoon. You want to wear in your boots gradually, before you get on the trail.
- Review the gear list to make sure you have everything you need.

Day Before

- Go over the gear list again, double-checking that you have every item.
- Make sure your fingernails and toenails are clipped.
- Get a good night's rest and a good breakfast.

Day of Trip

- Meet at Warehouse at 7 am.
- 2821 E Bruce Ave., Spokane, WA 99217