



## Supplies needed for all campers on an Outdoor/Overnighter with Inner Peaks.

### MANDATORY:

Backpack	A pack that can hold everything on this list along with a harness, shoes, helmet, and other climbing equipment
Harness/Shoes	Personal climbing gear
Water bottles	<b>3-4 1 liter bottles per day (3-gallons total)</b>
Food	Bring enough for two days breakfast and three days lunch and snacks. Oatmeal and bagels are good breakfast food. Bagels and peanut butter, or power bars work well for lunch. Inner Peaks is bringing food for campfire dinners. You will also need some food money for snacks on the way to the site.
Rain Jacket & pants	Water resistant: avoid anything that says "emergency"
Extra Insulation layer	Polyester fleece or wool: <b><u>NO COTTON SWEATSHIRTS</u></b>
Boots or sneakers	<b>NO</b> sandals
Plenty of socks	Synthetic or wool work best, try to avoid cotton
Medicines	Counselors or guides can carry these in the first aid kit.
Tent	Everyone needs a tent to sleep in. If yours is big enough, you can share it with a friend. If you want privacy bring your own.
Sleeping bag	
Sleeping Pad	
Head Lamp (or flash light)	

### **NO SODAS ALLOWED ON ANY TRIP!**

Campers are not allowed to have knives (other than eating utensils)  
Campers are not allowed to have matches or lighters

### Optional equipment: (Can be made mandatory by instructors)

Sun screen	SPF 30 or better
Hat	
Extra clothes	A shirt, shorts, and socks are always a plus.
Stove	
Lantern	
Bug spray	

**Better to bring too much water than too little.**