

Packing Checklist

Backpacking and Art at Sandbeach Lake
Rocky Mountain National Park | July 27–29

If there is anything on this list that you don't have or would prefer to borrow from CME,
please reach out to us at
Info@ColoradoMountainExpeditions.com

Backpack & Carry Systems

- Backpack (50–60 liters recommended; experienced backpackers may be comfortable with 40–50 liters)
- Backpack rain cover or waterproof pack liner
- Trekking poles (optional)

Clothing (Layering System)

- Hiking shirt(s) (moisture-wicking)
- Hiking pants or shorts
- Insulating layer (fleece or lightweight puffy)
- Rain jacket (fully waterproof)
- Rain pants
- Warm hat (beanie or wool hat)
- Sun hat or cap
- Lightweight gloves
- Sleep clothes (warm and dry)
- Underwear
- Hiking socks (2–3 pairs)
- Camp socks (optional)

Footwear

- Broken-in hiking boots or trail shoes
- Camp shoes or sandals (lightweight)

Sleep System

- Sleeping bag (rated ~20–30°F)
- Sleeping pad
- Pillow (compressible or clothes-in-stuff-sack)

Shelter

- Backpacking tent

Personal Items & Toiletries

- Toothbrush and toothpaste
- Sunscreen (high SPF)
- Lip balm with SPF
- Personal medications
- Eyeglasses / contacts and supplies (if needed)
- Small quick-dry towel (optional)

Hydration & Nutrition

- Water bottles and/or hydration reservoir (2–3 liter capacity)
- Electrolytes or drink mix (optional)
- Personal snacks

(All meals and snacks are provided by CME. If there's something you especially enjoy or rely on, feel free to bring a small amount.)

Sun, Weather & Trail Essentials

- Sunglasses
- Headlamp or flashlight (with fresh batteries)
- Camera or phone (optional)
- Battery pack / charging cord (optional)

Group Gear Provided by CME (Do Not Pack)

- ✓ Backpacking tents (for those not bringing their own)
- ✓ Group cooking equipment and stoves
- ✓ Stove fuel
- ✓ All meals and group snacks
- ✓ Bear-resistant food storage canisters
- ✓ Water treatment systems
- ✓ Group first aid and emergency equipment
- ✓ Navigation, communication devices, and permits
- ✓ Something to sit on — CME will provide some Crazy Creek chairs, lightweight backpacking chairs, and hammocks so you don't have to sit on the ground while relaxing in camp