

# 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](mailto: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