

# Colorado Mountain Expeditions Hiking Trip Packing List

## What to bring:

The following list is intended to help you understand the gear and supplies you will need for safety and comfort on a hiking trip with Colorado Mountain Expeditions.

## Wherever we are, the weather can be extreme.

Colorado Mountain Expeditions offers trips in a wide variety of places- from the deserts of Utah to the riverways of Missouri and, as our name would suggest, the mountains of Colorado!

When packing, remember the weather at your house will certainly be different than most of the places we explore. You'll also be outside for most, if not all, of your trip. Pack hydrophobic clothes and try to avoid cotton when possible. Weather is something we cannot predict. Be prepared for all extremes; sunny and hot, or cold, wet, windy and stormy.

## SPACE IS LIMITED

We need to fit all the camp gear and belongings for eighteen people, there is not an abundance of room for extra "stuff". We want you to pack what you will need to be comfortable for the week but PLEASE only bring what you need.

You will be limited to **TWO soft duffel bags** (up to 50 lbs each) and your day pack. Please don't bring hard suitcases. This would be a good week to use dry bags if you own them. We will do everything in our power to keep your gear dry, but wet weather can be insidious! If we experience rainy weather overnight, we will provide you plastic bags to put your tent/rainfly in so it won't get the inside of your duffel soaked.

## PERSONAL FOOD

We supply and prepare large, healthy breakfasts and dinners. Lunches are packed buffet style, with many options from sandwiches to fruit to candy! If there is a specialty food item that you really need or enjoy, feel free to bring it and we can store it for you. Please notify us (via Health Form or email) if you have dietary restrictions.

## BEVERAGES

We provide an assortment of beverages; coffee, tea, soft drinks, Gatorade, juices, milk and of course potable water. We encourage you to increase your water consumption a few days prior to the trip and during the entire trip.

Alcohol is not provided. However, you may bring your own alcohol and keep it in our coolers. Cans and box wines are preferred rather than glass bottles.

## CLOTHING

- 2 pair of hiking shoes
- Hiking pants-quick drying (zip-offs are nice)
- Comfortable, warm camp pants
- 2 hiking shorts
- 3-4 short sleeve wicking shirts
- 1-2 lightweight long sleeve shirts
- Warm layer – fleece, puff, wool,
- Rain jacket – waterproof/breathable
- Rain pants – waterproof, breathable
- Sun hat or visor
- Stocking cap or warm hat – needed!
- 4-6 pair socks–quality ie: Smartwool
- 4-6 underwear
- Warm jacket
- Camp shoes and/or sandals

### Optional Items:

- Solar charger or extra batteries for electronic devices. (We cannot charge your phone for you.)
- Reading material
- Trekking Poles
- Comfy clothes, like PJs or sweats
- Bandana

## GEAR

- Warm sleeping bag

- Sleeping pad

— Weather-proof TENT – your tent must be weather proof and large enough for you and all of your gear. Do not bring a tiny backpacking tent! Rentals are available.

- Head lamp (with good batteries)

- Hydration bladder or water bottles (3-4 liter capacity)

- Day pack with rain cover

- Two soft duffel bags for your gear

### Other:

- Meeting directions
- Personal toiletries
- Bath Towel, Shampoo, Soap
- Sunscreen SPF 36 & lip balm
- Sunglasses
- Bug repellent

### CASH FOR -

Beverages/Alcohol (not provided, You may bring your own)

### Merchandise and incidentals

#### Tips –

Your guides will work hard to make your trip possible and enjoyable. Please show your gratitude with a 12-15% gratuity. You can give your tip to any of the guides, they will divide it equally among the crew.

NOTE: CME Owners Dan and Emily do not take tips from the tip pool.