



AE-5 Packing List

What to Bring:

- 3, 1-qt. waterbottles w/ screw-on lids (Nalgene) or 3-liter hydration reservoir (CamelBak)
- Antimicrobial underwear (4 pairs)
- Bath towel
- Closed-toed sandals with back strap for water activities
- Daypack (summit type pack)
- Hat with visor
- Hiking boots (well broken-in and waterproof)
- Hiking pants (preferably nylon; no jeans) (2 pairs)
- Internal frame backpack with full wraparound hip belt (75-90 liters capacity) **Rental Option \$30**
- Lightweight gloves or mittens
- Lightweight jacket/softshell (water repellent and breathable)
- Long underwear (polypropylene, thermal or 50/50 blend)
- Mummy sleeping bag (synthetic, lightweight, rated to at least 20 degrees) **Rental Option \$35**
- Non-cotton hiking shorts (2 pairs)
- Powerful headlamp with spare batteries

- Rain jacket with a hood (no ponchos) **Rental Option \$5**
- Rock-climbing shoes - **Rental Option \$7**
- Set of nice clothes for Banquet Night
- Small travel Bible, notebook, and pen
- Sweatshirt (wool, synthetic, or fleece)
- Swimming suit (girls: one-piece only)
- Sunglasses
- Sunscreen, chap stick, personal hand sanitizer, bug repellent
- Synthetic or quick-dry long-sleeved shirt
- Synthetic or quick-dry t-shirts (4)
- Toiletries (toothbrush, toothpaste, shampoo, etc.)
- Warm hat
- Wool or wool-blend socks, liners, other socks (3 pairs/ea.)
- Ziploc bags for packing

Optional:

- Bandannas
- Biking shorts (must be loose-fitting or worn under another pair of shorts)
- Camera
- Inflatable sleeping pad - **Rental Option \$9**
- Insulated mug
- Orienteering compass
- Personal camping bowl and spork
- Portable camp chair (Crazy Creek) **Rental Option \$10**
- Rain pants
- Reading material

AE-5 Preconditioning

In Adventure Experiences 5, campers will participate in a wide variety of activities ranging from short day hikes and mountain bike rides to long, sustained summit attempts at high elevation carrying 45-55 lb. backpacks and mountain biking on rolling, single-track trails of 13-16 miles in length.

The best way to prepare for this program is to actual carry a weighted backpack (45-55 lbs) for 1-2 hours at a time, 2-3 times a week. This could include walking up and down stairs, hiking trails, and/or hiking around the neighborhood. Campers should also prepare for an extended mountain bike ride, by biking on changing terrain for an extended period of time (60-120 minutes).

Recommended Activities Include:

- Jogging /running
- Swimming
- Weight training (legs, upper body, and core)

