



# RMC Packing List

## What to Bring:

- 3, 1-qt. water bottles w/ screw-on lids (Nalgene) or 3-liter
- hydration reservoir (CamelBak)
- Antimicrobial underwear (6 pairs)
- Bandannas (2)
- Bath towel
- Daypack (small backpack, no drawstring bags please)
- 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 jacket/softshell (water repellent and breathable)
- Lightweight gloves or mittens
- Long underwear (polypropylene, thermal or 50/50 blend)
- Long-sleeved shirt and pants that can dirty
- Mummy sleeping bag (synthetic, lightweight, rated to at least 20 degrees) **Rental Option \$30**
- Non-cotton hiking shorts (3 pairs)
- Old tennis shoes that can get ruined

- Powerful headlamp with spare batteries
- Set of nice clothes for Banquet Night
- Small travel Bible, notebook, and pen
- Sunglasses
- Sunscreen, chap stick, personal hand sanitizer, bug repellent
- Sweatshirt (wool, synthetic, or fleece)
- Swimming suit (girls: one-piece only)
- Synthetic or quick-dry long-sleeved shirts (2)
- Synthetic or quick-dry t-shirts (6)
- Rain jacket with a hood (no ponchos) **Rental Option \$5**
- Running shorts (1 pair)
- Running shoes
- Toiletries (toothbrush, toothpaste, shampoo, etc.)
- Warm hat
- Wool or wool-blend socks, liners, other socks (3 pairs/ea.)

## Optional:

- Inflatable sleeping pad - **Rental Option \$9**
- Personal camping bowl and spork
- Portable camp chair (Crazy Creek) **Rental Option \$10**
- Rain pants
- Rock-climbing shoes - **Rental Option \$5**

# RMC Preconditioning

RMC campers should be prepared for long, sustained physical activity at high elevation while carrying significant weight on their backs (50-65 lbs). Preconditioning is absolutely essential for RMC as it is the most physically demanding program offered at Eagle Lake. Campers should increase conditioning prior to their arrival at camp, participating in aerobic/cardiovascular activities for 60-120 minutes, 3-4 times per week, at least 8 weeks leading up to the program.

## **Recommended Activities Include:**

- Jogging/running
- Hiking while carrying weight
- Biking
- Swimming
- Sit ups, crunches, planks
- Push ups, arm curls

