

# City of Rocks Student Checklist

Check off each item as you pack it

Weather at the City of Rocks can be very unpredictable. One day the sun is shining and the temperatures are warm, and the next could be windy, cold and even snowing. One must be prepared for it all. Our primary activities will be hiking and rock climbing. Please read the list below and be sure to bring everything listed. If you have any concerns about the items you are bringing please check with one of the physical educators to ensure what you have is sufficient. (Yes, physically bring the item in to be evaluated). Please pack in a large duffel or backpack.

***\*\*Remember electronics such as iPods, cell phones, and computers are not allowed on the trip.***

Large duffel or backpack to pack in

## **Head:**

- Wool or fleece hat (ski hat)
- Hat with brim

## **Tops:**

- 1 Cotton t-shirt
- Synthetic/wool t-shirt or long sleeve
- Wool sweater, pile jacket or down/fiberfill jacket
- Waterproof shell or raincoat
- Sweatshirt or mid weight long underwear (optional)

## **Bottoms:**

- 1 pair Shorts
- Long underwear-bottoms
- Underwear 2-3
- Lightweight shell bottoms
- Swimsuit/TOWEL (for hot springs)
- Long pants (loose fitting) or sweat pants (something that allows enough range of movement for rock climbing)

**Feet:**

- Hiking shoes- Either lightweight hike or trail running shoes
- 2-3 pairs Wool or polypro socks
- Tevas/flip flops (optional)

**Sleeping Gear**

- Sleeping bag (3-season/rated 0-20 degrees) down or synthetic filled only with stuff sack
- Sleeping pad: If you bring a thermarest consider a patch kit
- Pillow (optional) You can also take the stuff sack for your sleeping bag and stuff it with all of your extra clothes to make a pillow

**Eating, Drinking, and Living:**

- Bagged lunch and snack food (two lunches in total)
- Reusable lunch sack and sandwich containers (this prevents food from getting wet in the coolers)
- Personal regular spoon, fork, plate, and bowl. If the plate and bowl are plastic please make sure they are sturdy. Metal is best as it is sturdy and won't break.
- Metal mug (for hot and cold drinks)
- Daypack: typical backpack for hiking and going to base of climbs
- Lightweight flashlight or headlamp
- Sunglasses
- Sunscreen
- Personal toiletries: pack light!!! (e.g. brush/comb, face wash WIPES, deodorant, toothbrush, toothpaste)
- Any personal medications (make sure we are aware of the medication too)
- Water bottle (two 32oz bottles are recommended)-Make sure they do not leak
- Bandana (optional)
- Camera and AR book (optional)