



PACKLIST: ADVENTURE LEVEL 1

Required Clothing (Mountain weather can be unpredictable, especially in high elevations. Students should prepare for all seasons. This doesn't mean one needs to bring a winter coat. It only means that students should bring layers that can be added or removed depending on temperature.)

- Underwear
- Swimsuit
- Ballcap/hat to block sun
- Several pairs of socks (preferably not cotton)
- Pocket/Cargo Shorts (for warm days)
- Walking Shoes (boots and/or gym shoes will do—but be sure to break your shoes in a month before the trip to avoid blisters while hiking. Also, keep in mind that these may get dirty/wet when hiking or wildlife tracking off trail)
- Comfortable Footwear (sandals, crocs and/or gym shoes)
- Long pants (jeans, khakis, athletic pants/sweats)—for warmth and sagebrush
- A pair of long johns and or under armor type leggings and fitted tops)
- Long sleeved shirts (so you can dress in layers—non-cotton is preferable)
- Sweatshirt (hoody)
- Parka/windbreaker/light ski jacket (something for wind/rain)
- Winter hat (in case it is chilly around campfire)
- Gloves/Mittens (in case it is chilly around campfire)
- Scarf (if you wear them)
- A small blanket/towel to sit on.
- 2 or 3 Outfits for free time (sightseeing, evening dinners, etc)

All other items provided.



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Required Gear (Some of this gear is optional, but recommended. Having these items will make for a more enjoyable experience. However, certain items can be shared. For instance, binoculars can be shared among students)

- Identification (XU, State Driver's License/ID Card, Passport)
- Money (for one meal/day and souvenirs)
- A Small back pack/book bag to carry clothing, gear, course journal, snacks/beverage
- Sun block (for lips, face and body)
- Lotion for dry skin
- Sun glasses (sun is bright at high elevations)
- Personal Hygiene products (toilet paper, towlettes provided)
- Any preferred snacks not provided (specific energy bars, candy bars, gum, etc.)
- Nalgene Bottle (about 32 oz bottle to keep hydrated in high altitude climate).
- Required medicines/allergens (please let us know about pertinent allergies. If you carry an epi-pen due to risks of anaphylactic shock, we need to know where you keep it).
- Cell phones: You will only be able to use them while we are traveling or during breaks. Keep them tucked away during class! Please note that we will likely be out of service in many areas. So please do not "plan" on being in contact with people readily. We do not want them to worry unnecessarily. Low cell service is a fact of remote places.
- Camera or Binoculars (optional, binoculars will be available)
- Personal supply of bug spray

All other items provided