

**Kent Mountain Adventure Center, Inc.**  
**Clothing and Equipment List**  
Cherry Hills Village Elementary School Backpacking

Outdoor adventures are much more comfortable and enjoyable if proper clothing and equipment are used. August in the mountains can have temperatures in the 80's in the day, to below freezing at night. Although most days are pleasant, be prepared for rain, snow, wind, and cold, as well as hot temperatures. KMAC provides most of the participant equipment needs, however, you must provide personal clothing items, and a sleeping bag (rated to at least 15°F). If you have difficulty finding items or if you have a question, please call. Remember, several layers of clothing are warmer and easier to pack than bulky items. Pack clothing in a duffel bag or similar luggage carrier labeled with your name.

Although cotton clothing is comfortable, it is not recommended for KMAC courses. When cotton is wet it dries very slowly and retains minimal insulating properties. Synthetic materials (such as polypropylene, fleece/pile, polyester, etc.) and wool blends are much better for wilderness courses.

KMAC provides each participant with the following items:

Backpack if needed                      sleeping pad  
Journal

★ KMAC encourages students to use their own backpack and ground pad. These items must be OK'd by KMAC staff.

KMAC provides each group with the following items:

tents and ground covers              maps and compasses              cook kits and utensils  
stove and fuel bottles              first aid kits              climbing equipment  
food

YOU must provide: (check as you pack)

- \_\_\_ sleeping bag rated to at least 15°F
- \_\_\_ rain gear/coat
- \_\_\_ sneakers (1 pair)
- \_\_\_ hiking boots or shoes (broken in)
- \_\_\_ cotton socks (2 pair)
- \_\_\_ synthetic or wool socks (2 pair)
- \_\_\_ underwear (2-4 pair)
- \_\_\_ long underwear bottom (synthetic material or wool)
- \_\_\_ heavy weight pants (fleece/pile, wool, or loose fitting long pants)
- \_\_\_ long underwear top (synthetic material or wool)
- \_\_\_ mid-weight top (fleece/pile, or other synthetic)
- \_\_\_ heavy-weight top (wool, fleece/pile or other synthetic)
- \_\_\_ shorts (1 pair)
- \_\_\_ t-shirt (1) - can be cotton
- \_\_\_ wool or fleece hat (1)
- \_\_\_ sun hat (baseball cap with visor)
- \_\_\_ mittens or gloves (1 pair)
- \_\_\_ bandanna (1)
- \_\_\_ washcloth, toothbrush
- \_\_\_ cup, bowl, and spoon (plastic preferred)
- \_\_\_ 2 water bottles (1 quart wide-mouth Nalgene) **NO Tupperware or bike bottles!!!**
- \_\_\_ sunglasses
- \_\_\_ sunscreen, lip balm (SPF 15 or greater)
- \_\_\_ large plastic trash bags (2)
- \_\_\_ gallon-sized Ziploc baggies (1)
- \_\_\_ pen and pencil
- \_\_\_ headlamp or small flashlight (Mini-Mags are excellent) and extra batteries

Optional: camera, compass, mosquito repellent, binoculars, nylon wind pants

**DO NOT BRING THE FOLLOWING:**

Radios, I-pods, electronic games, watches, jewelry, makeup, deodorant, extra food and candy, knives

**REMEMBER!!!** Everything you bring, plus your share of group equipment will be carried on your back. Please call with questions (970) 586-5990 or E-mail us at [kmac@frijol.com](mailto:kmac@frijol.com)