



Compass Points Personal Packing Information

Bringing the right clothing is crucial to the comfort and enjoyment of your trip. Depending on the weather and your personal preferences this will mean something different for everyone. To accommodate the wide range of weather conditions and individual preferences, our packing list is very broad, and includes lists for both on trail and on site. It is designed to keep you warm in the worst weather we would expect, and to be flexible enough to pack away for the great weather we all want.

Packing for a trip is incredibly personal and you may find other items that you also wish to bring. To insure the best possible experience, **please bring everything on the list.** Before heading out on the trail, your guides will help you assess personal gear and pack appropriately for the length of time you will be on the trail and the current weather conditions. On a backpacking trip, you can and (for your own comfort) should carry a lot less than you would for a similar trip in the regular world. Experienced backpackers will tell you that they usually have one complete set of all the layers and not much more. Items that you don't take on trail with you can be stored safely at the camp.

Mountain weather can change incredibly fast and you need to be prepared for this. Our packing list reflects the importance of "layering" so that you can adjust to the changing weather and amount of physical activity you are doing. The three basic layers are described below. When packing please try on layers together. Ideally you should be able to wear all your layers at once.

The Wicking Layer (long underwear, liner socks and gloves, etc) – Moisture is the enemy of warmth and this layer pulls sweat, from physical activity, away from your body. This layer is worn closest to the skin.

The Insulation Layer (warm tops, socks, pants, etc) – This layer traps the heat your body produces to keep you warm. Depending on the amount of your physical exertion and the weather conditions, you will vary this layer to keep yourself comfortably warm without sweating.

The Shell Layer (rain jacket or pants, poncho, etc) – This is a wind and waterproof layer that prevents wind from stealing your built up body heat. This layer should be large enough to fit over the top of your other layers.

We recommend bringing items made of nylon, fleece, polypropylene, or polypropylene blends for your time on trail. Cotton fabrics (such as t-shirts, sweatpants, and jeans) will lose their insulating value when wet. Many people have some of these items in their closet, even if they don't know it and you can often find them at second-hand stores if you are looking to purchase them. If you have questions about particular clothing or equipment please e-mail Ben at ben@rainbowtrail.org.

The Packing List for “On Trail”

**Please bring all these items. If current conditions warrant we may suggest leaving some of them at camp while you are backpacking.*

- o 1 pr Hiking boots (broken in)
- o 1 pr “Dry” tennis/running shoes (open toed shoes are not permitted on trail)
- o 2 pr Hiking socks (wool or wool blend)
- o 2 pr Liner socks (polypropylene/nylon)
- o 2 pr Underwear
- o 1 pr Long underwear/spandex pants
- o 1 pr Quick dry pants
- o 1 pr Quick dry shorts
- o 1 pr Fleece/non-cotton sweat pants
- o 1 T-Shirt (non-cotton)
- o 1 Long sleeve t-shirt (non-cotton)
- o 1 Sweatshirt/jacket (fleece/nylon)
- o 1 Windbreaker
- o 1 Poncho or rain jacket
- o 1 pr Gloves/mittens
- o 1 Bandana
- o 1 Cap or hat (w/ brim)
- o 1 Stocking cap
- o 1 pr Sunglasses
- o 1 Headlamp or flashlight
- o 1 Set extra batteries
- o 1 30°F Sleeping bag (compact)
- o 1 Lip balm (15+spf)
- o 1 Sunscreen (15+spf)
- o 1 Small Bible
- o 2 25-30 gallon trash bags

The Packing List for “On Site”

**These items are also included on the “On Trail” list and don’t need to be duplicated.*

- o 1 pr “Dry” tennis/running shoes*
- o 4 pr Socks
- o 4 pr Underwear
- o 1 pr Pants
- o 2 pr Shorts
- o 3 T-shirts
- o 1 pr Shorts and shirt for sleeping
- o 1 Sweatshirt
- o 1 Poncho or rain jacket*
- o 1 Cap or hat (w/ brim)*
- o 1 Headlamp or flashlight*
- o 1 Set extra batteries*
- o 1 pr Sunglasses*
- o 1 Lip balm (15+spf)*
- o 1 Sunscreen (15+spf)*
- o 1 Bible*
- o 1 30°F Sleeping bag w/stuff sack*
- o 1 Towel
- o 1 Personal toiletries
- o 1 pr “wet” shoes that tie/strap to your feet**
- o 1 Swimsuit**
- o 1 Glasses strap (if you wear glasses)**

**only required if your group will be rafting

Optional

- o Notebook and pen
- o Journal
- o Camera
- o Trekking poles
- o Binoculars and field guides
- o Magazine, book, cards or games
- o Spending money for souvenirs
- o Gaiters (snap around lower leg and over boots for protection from snow)
- o Fishing gear (campers over 15 must purchase a Colorado license before arrival)

Not on the List

On Compass Points adventures we follow the principles of Leave No Trace camping. Because of the potential to attract wildlife and adversely affect the environment, luxuries such as personal soap, deodorant, toothpaste, and shampoo are not taken on trail. However, they may be used in camp. Personal hygiene is important, and we will teach you appropriate methods of trail hygiene. You will probably not smell great by the end of the trip, but don’t worry... no one else will smell great either!

Equipment Provided by Rainbow Trail Lutheran Camp

If you have your own equipment you are welcome to bring it with you. Please be aware that our guides will assess its appropriateness for the trip and may ask you to use RTALC equipment.

- ✓ Backpacks
- ✓ Maps
- ✓ First-aid Kit
- ✓ Water Bottles and Filters
- ✓ “The Digger”
- ✓ Sleeping Pads
- ✓ Stoves & Fuel
- ✓ Food
- ✓ Cooksets
- ✓ Climbing Equipment
- ✓ Service Project Tools
- ✓ Water Bottles
- ✓ Whistles
- ✓ Tents
- ✓ Daypack