



PRE-TRIP MEETING: _____ @ 6PM in the Peak Adventures office (PeakAdventures.org for map)
TRIP: Meet at Peak Adventures office on _____ at 8AM.
 Returning on _____ at approximately 6PM.
 Location: _____.

Peak Adventures will provide group equipment such as: tents, sleeping bags, sleeping pads, ground tarps, stoves and fuel, cooking utensils, water filters, and first aid kits. You may use personal outdoor equipment at the discretion of the trip leader.

Personal Items

- Reusable water bottles (2-liter capacity)
- Personal utensils: bowl, insulated cup, spoon/fork
- Headlamp (strongly recommended) or flashlight with fresh batteries
- Personal hygiene products (travel size tooth paste, tooth brush, bio soap, baby wipes)
- Medications
- Sunscreen and lip balm
- Insect repellent
- Day pack or fanny pack
- Sunglasses
- Plastic bags for trash
- Bandana (optional)
- Camera (optional)

Alcohol and illegal drugs are prohibited on all Peak Adventures trips.

Refund Policy:

- Cancellations made less than two weeks (14 days) prior to the event are not refundable.
- There is a \$10.00 fee for all cancellations and transfers.
- Should Peak Adventures cancel a trip or a class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and participant numbers.

Clothing

* The best performing outdoor materials are synthetic (rayon, polyester, nylon, fleece, spandex), wool and silk.

- Long underwear tops and bottoms (no cotton)
- 2 synthetic athletic shirts
- Shorts or synthetic pants (depending on the weather)
- Warm pants (fleece or wool)
- Wool sweater or fleece jacket
- Rain gear (tops and bottoms)
- Hats (one for warmth, one for shade)
- Synthetic or wool socks (2 or more pair)
- Hiking boots or sturdy, supportive broken in sneakers
- Comfortable shoes to wear in camp
- Swimsuit and towel (depending on trip)
- Gloves
- REMEMBER: NO COTTON, NO JEANS

Food

Peak Adventures will provide all meals for your camping trip starting from the time we arrive at camp and until we leave camp. You are responsible for your own meals on the drive. Feel free to bring any snacks that you would like.

If there are foods that you are allergic to or will not eat, please be sure to let us know ahead of time.