

**Walking Mountains Science Center**  
**Overnight Programs**  
**Clothing and Equipment List**

**Note:** Be sure to label all items with your name!

**Required Items**

- Comfortable daypack\*
- LUNCH FOR THE FIRST DAY** (Walking Mountains provides all other meals)
- Water bottle w/ screw-on lid, at least 1 quart (We recommend Nalgene-type bottles)
- Hiking boots\* (Please come wearing shoes. All shoes must be closed-toed.)
- Wool or synthetic hiking socks\*
- Rain jacket and rain pants
- Lightweight hiking pants or shorts
- T-shirts (1 per day)
- Long-sleeved shirt (wool, fleece, capilene)
- Heavy wool sweater or fleece jacket\*
- Warm pants (wool or fleece – NOT cotton or jeans)\*
- Wool hat
- Gloves or mittens
- Baseball cap, visor, or other sun hat
- Sunscreen (minimum 15 SPF)
- Sunglasses
- Underwear (1 per day)
- Toiletries (small, travel size containers) soap, toothbrush, toothpaste, washcloth
- Pajamas
- Sleeping bag\* (Do not need sleeping pad unless otherwise noted on program.)
- Lightweight flashlight or headlamp (w/ extra batteries)
- 1-2 bandanas
- 2-3 large, heavy duty, plastic garbage bags (for wet and/or dirty clothes)
- Extra pair of camp shoes/slippers for walking around hut
- Duffle bag or suitcase for required items
- Pencils or pens

**Optional Items:**

Compass  
Watch  
Camera  
Gaiters  
Colored pencils, watercolors, pastels  
Field guides & binoculars  
Insect repellent, calamine lotion  
Cards or other indoor games

**Items NOT to bring:**

Any electronic games, CD players, I-pods, etc.  
Electrical appliances (e.g. hairdryers, etc.)

\*Items marked with an asterisk are explained in further detail on the next page.

**Equipment Notes:** Your child should come dressed to be outside for the day. Their daypack should have their lunch, full water bottle, sunscreen, extra warm layers and rain gear. Their overnight bag will contain the rest of their gear. Please pack wisely as there is not much space in the huts or the van. We will spend most of our days hiking outside regardless of the weather. During much of the course, we will be in remote areas above 9,000 feet and the weather can be unseasonably cold. Your child's comfort and safety will depend a great deal on the quality of their equipment. It need not be expensive, but it should be both lightweight and functional.

**Clothing Materials:** Wool, polypropylene, capilene, nylon, and fleece are widely used materials, and important for trips into the backcountry. These materials have the advantage of absorbing very little water and can keep you *much* warmer in wet, cold conditions. Wool, fleece, and lined nylon pants and coats work well. Polypropylene, capilene, silk and wool long underwear are all excellent. Cotton clothing is fine for warm, dry weather, but makes for cold, unhappy kids (and can even be unsafe) in wet, cold conditions. Please remember that in Colorado, a day that starts warm and sunny can quickly become cold and wet with an afternoon thunderstorm. Hiking pants, shorts, T-shirts, and pajamas should be the only items made of cotton.

**Rain gear:** Each student should have a waterproof rain jacket with a hood, and waterproof rain pants. These should fit over your child's warmest layer of wool or fleece. These items need not be expensive. Fabrics such as Goretex, Klimate, or simple coated nylon are fine. Plastic, however, is unacceptable. Rain pants and a jacket are more effective against wind and rain than a poncho. Walking Mountains does have raincoats to loan if you feel yours might not be adequate. Please call and leave a message if you need to borrow a raincoat.

**Hiking boots:** Sturdy, comfortable, quality boots that are *broken in* will be more comfortable. These should be all leather or leather/goretex, as we may be exploring wet areas. Please be advised that many of the popular leather/nylon lightweight boots cannot be adequately waterproofed. Boots should ankle-height to provide adequate support. If the shoes are not broken in, blisters can become a problem. Be sure to avoid light tennis shoes and heavy-duty, bulky mountaineering boots.

**Daypacks:** Backpacks should be *quality* items. Daypacks should be large enough to carry your child's daily gear, and fit comfortably. (We recommend packs with a hip-belt.)

**Sleeping bag:** Although the huts are heated and stay warm, your child will be most comfortable with a sleeping bag rated to 20°-40° Fahrenheit. Either down or synthetic fill (polarguard, holofill, etc.) is fine. Synthetic fills are far less expensive and easier to care for. Bring a nylon stuff sack for your sleeping bag.