FYP UTAH - TWEEN TOUR

CLIMBING PACKING GUIDELINES

As part of the first day's orientation, we will have a packing list check to ensure we have what we need. The #1 Most Important Thing About Packing is: The Participant is the one going so they should be the one packing. One of the goals of the trip is developing greater independence and awareness and that starts at home before the trip. Everything on the list (and nothing else) should arrive on the trip departure date. Please contact Tyler in advance of the trip with any equipment or packing questions. There is no question that is too small or silly.

Borrowing, Renting, and Purchasing Equipment: FYP Utah will supply all cooking equipment, tents, tarps, first aid, and food for the trip. The main "equipment" that is the responsibility of the family is the sleeping bag, sleeping pad, and climbing shoes. Utah Mountain Adventures will supply all climbing equipment, including harnesses and helmets. Personal harnesses and helmets are permitted if desired. The complete packing list is below. While we expect everyone to be prepared for this trip, we do not suggest that you purchase the highest quality, brand-new camping equipment. We have fantastic local rental resources throughout the valley. You may also have family friends who have storage rooms brimming with perfectly good gear! We strongly suggest that you look into renting or borrowing equipment if you do not already own these items. Once again, please contact us with any equipment questions or advice. We can be reached at info@findyourpathutah.com or feel free to call at 435-268-1711.

Equipment Rental Locations

- REI - Salt Lake City
- Univ of Utah Campus Recreation Summer Equipment Rental
- Westminster College Rental Gear

"Non-Essential Items" and Electronic Devices: Participants may bring "non-essential" items like books, playing cards, or other small items. Paperback books and playing cards are actually wonderful additions to the outdoors experience. FYP Utah will be providing an assortment of puzzles, books, and games as part of our program. Cell phones, music players, and other electronic devices are NOT permitted. This experience is designed to be technology-free. Digital cameras (with fresh and extra batteries) will be permitted, but cell phones may not double as a camera. This applies to music-playing devices (iPods or mP3s) as well. The sounds of nature are included free of charge!

PACKING LIST

Luggage

- ❑ Duffle bag for all clothes and equipment.
- ❑ Small, light, and compressible backpack for day outings (to fit one water bottle, warm layer, rain jacket, journal). This could be a drawstring backpack or a school book bag.

To be packed in Duffle: (This will all be unpacked at equipment check.)

- ❑ Camping & Hiking
  - ❑ Sleeping bag (rated 30-40˚ or warmer, synthetic or down, no cotton) with stuff sack
  - ❑ Sleeping pad (Foam or "Therma-rest" type, no yoga mats)
  - ❑ 2 one-liter or quart-sized, lightweight, durable water bottles (i.e. Nalgene, Kleen Kanteen)
    - ❑ Be sure each bottle is at least one liter
  - ❑ Headlamp with fresh batteries
  - ❑ Lightweight plastic camp bowl and spoon – cups, plates, forks, knives are not needed
  - ❑ Insulated, lightweight travel mug for hot drinks - mugs without handles pack best
- ❑ Foot Gear
  - ❑ 1 pair climbing shoes - please inquire if you need suggestions for rental or purchase
  - ❑ 1 pair hiking or athletic shoes with rugged sole
  - ❑ 1 pair light sneakers or sports sandals for around campsite
  - ❑ 2-3 pair wool or synthetic socks for hiking and warmth
- ❑ Bottoms
  - ❑ 1 pair rain or waterproof pants (waterproof, not resistant)
  - ❑ 1 pair warm fleece or polyester (e.g. soccer/athletic) pants – no cotton/no jeans
  - ❑ 1 pair long underwear bottom – polypropylene, wool or silk - no cotton
  - ❑ 2-3 pair comfortable shorts for climbing and hiking (preferably nylon, i.e. athletic shorts)
  - ❑ 5 pair underwear
- ❑ Tops
  - ❑ 1 rain or waterproof jacket (waterproof, not resistant!) – no ponchos
  - ❑ 1 warm fleece jacket or down "puffy"
  - ❑ 2 light to mid-weight wool, synthetic, fleece long sleeve tops – middle layers
  - ❑ 1 long underwear top – polypropylene, wool or silk - no cotton
  - ❑ 1 - 2 sports bras if desired
  - ❑ 3-4 t-shirts or long-sleeves for climbing and hiking – no tank tops
- ❑ Head & Hands
  - ❑ 1 visor or hat with a brim
  - ❑ 1 warm hat – wool or fleece – no cotton
  - ❑ 1 pair of sunglasses
  - ❑ 1 bandana

To be packed in DAYPACK:

- ❑ Sunscreen
- ❑ Lip balm (stick, not a "finger dip" to share)
- ❑ Travel size toiletries – toothbrush (w/cover), toothpaste and personal medications only
- ❑ Writing journal, 2-3 (maximum) pens/pencils
- ❑ OPTIONAL – Camera or binoculars