



ADVENTURE

checklist

Must Bring

- Closed toed shoes (they should be comfortable and walked in before trip)
- Sunscreen (at least 30 SPF)
- Layers of clothes (the weather is much colder and unpredictable up at 7,000+ ft)
- Hat (for sun, wind or cold weather)
- Water (at least 40 oz. per person)
- Snacks (as much as possible)
- Backpack (at least 1 per 4 people)
- Phone fully charged (at least 1 per group)
- A 2way radio (provided by guide at least 1 per group)

Optional

- Sunglasses
- Trekking Poles
- Binoculars
- Camera
- Gloves
- Insect repellent
- Flash light

To Do

- Sign and submit "Acknowledgement of Risk" form for each participant.
- Fill out and submit "About Me" form for each participant.
- Read and follow "Checklist". Make sure each member of the group has everything necessary.
- Communicate with guide desires, needs and restrictions.
- Communicate with guide about meal(s) plan.
- Charge all communication devices.
- Full tank of gas in every vehicle.