



Please arrive by 7:00 a.m. and if you have any trouble call (208) 818-9408.

## What to Bring Checklist

### Day Trips:

- Synthetic or wool socks
- Long underwear top & bottom made of Thermax, Polypropalene etc.
- Fleece jacket or vest
- Gore-tex or breathable water resistant jacket & pants
- Warm hat
- Fleece neck gaiter or balaclava
- 1 or 2 pair gloves & glove liners
- Goggles & Sunglasses
- Camera or video camera in protective case
- Small daypack
- Sunblock, lip balm
- Special medications
- Any special snack foods, bars, sports drinks, etc.

### Overnight Trips:

Bring along everything for the day trip plus:

- One extra bag for overnight stuff (no access to this bag during the day)
- Sleeping bag
- Headlamp or flashlight
- iPod or CDs
- Toiletries, medications, etc.
- Change of clothes