



# Packing List

## Flocks and Rocks

Cottonwood Gulch will provide all the necessary group gear. A cot, foam sleeping pad, tent, and camp chair will be provided for all participants. If you have your own items that you would like to bring and use, feel free. Call with any questions you may have.

### *Baggage*

- Luggage** a large army surplus style duffle bag works well
  - Day Pack** backpack with 2 shoulder straps is good, 1,000-2,000 cubic inches
- 

### *Clothing*

- Hiking shoes/sneakers** 1 pair of hiking boots (already broken in) and an extra pair of comfy sneakers
  - Long Pants** 1-2 pairs of comfortable yet sturdy pants are sufficient.
  - Shorts** 1-2 pairs of shorts that are comfortable for hiking
  - Long Sleeve Shirts** 1-2 shirts to provide warmth and sun protection layer
  - Underwear** 7-10 pairs
  - Hat** wide brim is good, both for comfort and protection from the sun
  - Socks** 7-10 pairs of acrylic or athletic socks (avoid cotton if possible).
  - Warm Layer/Fleece** your primary warm layer and wind protection
  - Warm Hat** cap for use when hiking or sleeping in colder climates
- 

### *Essentials*

- Sleeping Bag** rated to about 0-30 degrees
  - Pillow** a stuff sack, bed pillow or collapsible pillow works great
  - Rain Gear** to cover top and bottom (suit or sturdy poncho)
  - Water Bottles** 2 (liter-sized bottles)
  - Flashlight** or a headlamp, with extra batteries
  - Sunscreen** SPF 30 or higher
  - Toiletries** toothbrush, toothpaste, etc.
  - Sunglasses**
- 

### *Optional*

- Camera**
  - Journal** and pens or pencils
  - Musical instrument**
  - Bird field guide**
  - Rocky Mountain Tree Finder** if you are interested in tree identification
  - Binoculars**
  - Thermos**
- 

We encourage you to **limit the electronic devices you bring**. Many participants see Cottonwood Gulch Treks as an opportunity to “unplug” for a short period of time. That said, we understand the need to occasionally contact friends and family back home. There is not reliable service in many of the places we travel, so it’s best not to expect to have reception. There is also limited ‘plug-in’ space in the vehicles.

**\*We have 0 and -20 degree sleeping bags available to rent.**