



## What to bring for your expedition with Big City Mountaineers this summer

### **For the Expedition:**

- ☐ 2-3 t-shirts (Athletic/non-cotton recommended)
- ☐ 1 pair of shorts (Athletic/non-denim recommended)
- ☐ 1 pair of pants (Athletic/non-denim or non-cotton recommended)
- ☐ 5 pairs of underwear
- ☐ 2 sports bras
- ☐ Toothbrush & toothpaste
- ☐ Prescription medication (All medication must come in original package)
- ☐ Extra glasses/contacts (if you use them)
- ☐ Menstrual hygiene products
- ☐ Sunglasses
- ☐ Lightweight closed toe Sandals (for wearing in camp) - Crocs are a great option
- ☐ 1 sweatshirt or light jacket (polar fleece/non-cotton)\*
- ☐ Baseball hat or other sun hat\*

\* Can be provided by BCM if you do not have

### **For after the Expedition / the van ride home:**

- ☐ Clean change of clothes (shirt, shorts or pants, socks, & underwear)
- ☐ Phone (not allowed on the trip itself)

### **Optional:**

- ☐ Camera (phones not allowed on trips)
- ☐ Journal
- ☐ Book
- ☐ Deck of cards // UNO etc.
- ☐ Hand sanitizer
- ☐ Powder drink packets
- ☐ AAA batteries

### **Personal Items Provided by Big City Mountaineers:**

- ☐ Hiking boots for students (for during the day)
- ☐ Wool hiking socks
- ☐ Rain jacket
- ☐ Polar fleece sweatshirt/jacket (if needed)
- ☐ Sleeping bag
- ☐ Sleeping pad
- ☐ Flashlight / headlamp



- ☐ All additional backcountry specific gear like tents, stoves cooking utensils, etc

**Adults Specific:**

- [Full Packing List Here](#): It is assumed that Adult Participants have all items on the above packing list unless otherwise indicated. BCM is happy to give out loaner gear to Adult Participants if you do not have any of those items. At least 3 days prior to the start of the trip please respond with what gear you need and your sizing if relevant.