



Outdoor Action

Mt. Princeton Climb Equipment List

When planning the equipment for your trip, you need to think about the different activities that you will be participating in (the Mt. Princeton climb, mountain biking, rafting, kayaking etc.) This list should provide you with all the information you need. If you have questions, please feel free to contact Rick Curtis, Director of Outdoor Action at (609) 258-3552.

Any time you head into the mountains at higher elevations, you need to be prepared for almost anything weatherwise. "Typical" temperatures for the Buena Vista, Colorado area during mid-July are in the 70's at the lower elevations. Temperatures at the summit of Mt. Princeton are likely to be in the 40's - 50's. However, it is possible to get temperatures in the 30's and with a strong wind you can have a wind chill temperature below freezing. Even in the summer snow or freezing rain are possible at higher elevations. We also need to be prepared for the possibility of afternoon thunderstorms. Since you can never be sure what the weather will be like, you need to bring a range of clothing for various conditions. By having a variety of layers of clothing you can adjust your layers to suit your activity level and the weather conditions.

The clothing layers should consist of several different types of fabrics. Cotton is comfortable and breathable, but it absorbs and retains water, and therefore it will **not** keep you warm if it gets wet. Also it can be difficult to dry. For this reason you should not bring heavy cotton clothes such as sweatshirts, sweatpants or blue jeans for the climb (these will be fine for some other activities like relaxing at the Ponderosa Lodge). Cotton T-shirts and underwear are fine as are lightweight cotton shirts and pants. **Wool or synthetic fleece** fabrics (such as Polartec 100 or Polartec 200) don't absorb water so they keep you warm even if they get wet. Fleece also dries very quickly. A wool sweater or fleece jacket provides warmth on a chilly evening.

Combinations of these types of fabrics create a layering system. The **inner layer** keeps the skin dry and comfortable. Lightweight polypropylene or other synthetic underwear provides good ventilation for the skin to keep dry and cool and during the day. The **middle layer** provides some insulation and protection from the elements. Long-sleeve shirts and long pants preferably of wool or fleece make up this layer. The **outer layer** provides insulation and is usually a wool sweater or fleece jacket. The **shell layer** protects you from wind and rain. A waterproof rain jacket is essential in case of bad weather. Coated nylon is lightweight and works well. Waterproof-breathable fabrics like Gore-Tex are also possible but are expensive. The **head layer** is handled by a wide-brimmed hat for sun and rain protection. The **feet layer** is actually two layers. You should wear a lightweight synthetic liner sock against your foot which helps pass moisture away from your foot. On top of this you wear a wool/nylon blend hiking sock. People wonder why you should wear a wool sock with summer heat. Since wool doesn't absorb water it passes the moisture from your foot outwards, keeping your foot dryer. If your feet stay damp, they get wrinkled and are more prone to blisters. Having two sock layers means that your socks will slide against each other so that the friction from your boots is between the sock layers rather than against your skin (friction against the skin leads to blisters).

Please check off each item as you assemble your equipment to make sure that you have everything.

Feet:

_____ **1 pair of lightweight hiking boots:** Boots should extend above the ankle and be leather/fabric or all leather with lug soles for traction. It is best if the boots can be waterproof, either by treating the leather with a waterproofing compound before the trip or if the boots have a Gore-Tex liner. Boots should fit comfortably with two pairs of socks, a light liner sock and a heavy wool sock. ***Above all, make sure that your boots are well broken in before you arrive. Otherwise your feet will pay the price. We cannot emphasize this enough. Non-broken-in boots invariably cause chafing and blisters.***

_____ **1 pair of running shoes, sneakers, or sandals:** For around the lodge and/or water activities.

_____ **2-3 pairs of light synthetic/polypropylene liner socks:** Wearing liner socks underneath wool socks helps to prevent chafing since the friction is between the two pairs of socks, not between the boots and your feet.

_____ **2-3 pairs of medium weight wool hiking socks:** Wool keeps your feet warm even when wet and gives good cushioning. The higher the wool content of the socks the better (we recommend 85% wool, 15% nylon).

Lower Body:

- _____ Underwear as needed.
- _____ 1 lightweight polypropylene or synthetic long underwear bottoms
- _____ 1 pair wool pants
- _____ 1 pair long pants, loose fitting, cotton
- _____ 1-2 pairs of loose fitting shorts
- _____ 1 swim suit
- _____ 1 belt
- _____ 1 pair rain pants or chaps (coated nylon) (Optional, but useful)

Upper Body:

- _____ 2-3 T-shirts
- _____ 1 lightweight polypropylene or synthetic long underwear top
- _____ 1 long sleeve shirt
- _____ 1 fleece vest (optional)
- _____ 1 heavy wool sweater, or synthetic fleece jacket
- _____ 1 wind shell - nylon: (if the shell is Gore-tex or another waterproof/breathable fabric, it can also serve as your rain jacket - it must fit comfortably over your other insulating layers)
- _____ 1 rain jacket or poncho: Coated nylon is recommended. Try to avoid the rubberized canvas jackets if you can. They are heavy and usually result in your getting hot and sweaty.

Head:

- _____ 1 brimmed cap: For sun and rain protection

Miscellaneous:

- _____ 3 1-qt. water bottles or canteens (high altitude as well as the possibility of a hot day requires more water)
- _____ 1 daypack to carry your gear. This should be large enough to carry water, food, and several layers of clothing.
- _____ 2 bandanas: multipurpose
- _____ sunscreen (at least 15 SPF)
- _____ 1 flashlight or headlamp with batteries
- _____ 1 pocket knife
- _____ 1 sunglasses or clip-ons
- _____ glasses or contact lenses and spares, glassguard
- _____ any medications you will need to take during the trip
- _____ 1 small notebook and pencil (Optional)
- _____ 1 camera and film (Optional)
- _____ Trekking poles (Optional) - helpful in taking the strain off your knees on the descent

Other Activities

Biking:

- _____ Biking shorts
- _____ Biking Helmet (if you prefer to use your own)

Kayaking:

- _____ All equipment provided by outfitter

Rafting:

- _____ All equipment provided by outfitter

Rock Climbing:

- _____ Loose fitting clothing

Horseback Riding:

- _____ Loose fitting clothing