

# The Ascent Equipment List

Every camper must bring the items listed below:

Items **Bolded** are available to rent from IdRaHaJe for an additional fee.



## Clothing

- 1 pair of pants (fleece, light-weight wool, or synthetic)
- Medium weight shirt or sweater (fleece or wool)
- Medium weight jacket (fleece or wool)
  - Avoid cotton hoodies
- **Long sleeve polypropylene shirt (Under Armor type material) – Rent one for \$5**
- Windbreaker
- Rain jacket/poncho
- T-shirts
- Underwear
- Pair of hiking shorts
- Two pairs of shoes or boots
  - Pair of shoes that can get wet (tennis shoes or sandals with back strap)
  - Pair of hiking shoes or boots (*well broken in with good tread for hiking*).
- 3 pairs of wool or synthetic socks (or equivalent – No cotton!)
- Beanie/warm hat and lightweight gloves
- Sun hat (ex. baseball cap)
- Long underwear pants (polypro/Under Armor)
- One-piece swimming suit

## Equipment

- **Backpack (65 liters or larger) – Rent one for \$15**
- **Down or synthetic mummy sleeping bag (rated to +20°F or colder) – Rent one for \$10**
- Whistle
- **Compass – Rent one for \$2**
- Sunglasses
- Sun block lotion
- **Daypack (school backpack or similar size backpack). - Rent one for \$7**
- Head lamp or small flashlight with extra batteries
- Bandanna
- Bible
- Notepad and pen/pencil
- Insect repellent
- ChapStick
- Water bottle
- Toothbrush & toothpaste
- Bathroom accessories

**Optional Items**

- Camera (do not bring an expensive one!)
- **Rock climbing shoes – Rent a pair for \$10**
- Frisbee or hacky sack
- Spending money

**Do not bring**

- Cell phones, iPods or other MP3 players, tablets, laptops, electronic games, etc.

**Camp provides**

- Leaders, climbing equipment, food, first aid