

**Equipment for “summer days” and “winter nights”**  
**Rocky Mountain National Park**  
**July 31<sup>st</sup> – August 3<sup>rd</sup> , 2022**

**What kind of weather and conditions can I expect in early August?**

It is a good idea to bring extra layers and long underwear, just in case. There are few mosquitos and few bugs in general. High temperatures in the low 70's Fahrenheit. The last month of the summer is another pleasant month, with average temperature ranging between min 47.7°F and max 71.2°F. The average length of the day in August is 13.7h. The average sunshine in August is 11.1h. June through August, with an average maximum UV index of 4, are months with the highest UV index

***List of equipment***

These are the basics for this first expedition. Please, try to respect this list and avoid unnecessary equipment.

This list only includes necessary items for our time backpacking, and not for your travel.

The final decisions regarding equipment should be taken a few days before the trip with a reliable forecast, always keeping in mind that the mountain sometimes has its own forecast. Some equipment can remain in the base camp.

***Clothes while we are on the trail:***

- Comfortable, no-new, light hiking shoes or boots.
- Cotton socks (at least 2 pairs by day).
- Comfortable long pants.
- Cotton t-shirts (at least 2 by hiking day).
- Fleece jacket (hoody if possible).
- Jacket and pants wind/waterproof (to use if necessary).
- Cap or sun hat.
- Emergency whistle (plastic).
- Sunscreen.
- Sunglasses.

***Sleeping clothes for using only in the sleeping bag (kept in a different bag inside the backpack):***

- Thick wool socks.

- Thermal, long underwear and long sleeve shirt (merino wool is a good option).
- Balaclava or ski mask (fleece or wool)
- Wool gloves.

### ***The backpack:***

- 55-70 liters backpack, comfortable and adjustable.
- Plastic bag for the interior of the backpack.
- Waterproof bags for clothes.
- Mummy sleeping bag (30°F).
- Sleeping pad (solid or inflatable).
- Fleece blanket or sleeping liner (for using as a layer for sleep)
- Water bottle or hydration pack for the trail.
- Portable water filter.
- Fork, spoon, knife, cup, dish (plastic or wood is lighter than metal).
- Headlamp or any flashlight (new batteries).
- 10 feet rope.
- Cocoa butter lip balm.
- Personal medications.
- Toothbrush and toothpaste.
- Biodegradable wet wipes or soap.
- Toilet paper.

### ***For the team (Items that only volunteers will bring):***

- Insect repellents.
- First Aid kits.
- Backpacking stoves and pots for boiling water.
- Tents for you and your group. We need to be efficient with this, using most of the space in each tent.
- Bear spray.
- Garbage hanging bag and 25 feet of rope for hanging food and garbage.

### ***Menu***

- Your favorite energy bars and/or trail mix while hiking.
- Your favorite dehydrated food for Monday, Tuesday, Wednesday am (Three meals each day, boiling water will be provided).