

# EPIC Adventures Climb and SUP Participant Gear Checklist

Name: \_\_\_\_\_ Trip Dates: \_\_\_\_\_ to \_\_\_\_\_

Free EPIC Rentals	ROVIDE (EPIC Doesn't Have These)	NOT MANDATORY	
Sleeping Pad	Swim Suit	Camera	
Sleeping Bag	Wool Socks(x2)	Sunglasses	
Headlamp	Hiking Boots or Shoes	Sunscreen	
Day Pack	Long Underwear Top	Bug Spray	
Wetsuit	Long Underwear Bottom	Towels	
Water Shoes	Hiking/Active Pants	Chalk Bag	
Water Socks	Active T-Shirt/Long Sleeve	Pillow/Blanket	
Crazy Creek Camp Chair	Camp Clothing	Snacks	
Fleece Top	Water Bottle(x2)		
Fleece Bottom	Bowl/Utensil		
Rain Jacket	Warm Hat		
Rain Pants	Warm Gloves		
Puffy Jacket	Baseball Cap or Sun Hat		
Trekking Poles			

**PLEASE LEAVE YOUR COTTON CLOTHING AT HOME!!!!**

Cotton draws heat away from your body when it is wet, leaving you vulnerable to hypothermia.

This includes jeans, cotton t-shirts, and pullover sweatshirts!