



# COLORADO ADVENTURE GUIDES

HIKE • BIKE • SKI • CLIMB • LEARN

## Level 4/5 Hiking Equipment List

Below is a list of required and recommended equipment for your adventure. Dressing properly and having the correct equipment will help Colorado Adventure Guides provide a safer and more fun experience for your group. Though we cannot control the weather, we can make sure that you are prepared for whatever conditions we encounter in this mountain environment. Remember, the weather can change quickly and drastically.

Our guides recommend wearing technical clothing on all higher level (4 & 5) hikes, but is never a bad idea regardless of which activity you participate in. Technical clothing (polypro, merino wool, etc) is designed to help regulate body temperature and keep perspiration off of the skin. Not only is it safer, it dries faster, and is much more comfortable during exercise. When possible, please try to avoid wearing cotton garment like hoodies, denim jeans, cotton socks, etc.

Colorado Adventure Guides strives to be as environmentally conscious as possible. We strongly urge you to bring your own hydration system or water bottles and fill them before heading to the trailhead. This reduces plastic pollution and the chance of accidentally leaving litter behind. Plus, our water is fresh and delicious up here in Summit County!

- Hiking shoes or boots with a stiff hiking sole
- Backpack 20-30L (large enough to carry all of your gear for the day)
- Thermal layer and/or lightweight insulated jacket (may be cool in the AM and on summit)
- Rain Jacket
- Rain Pants (optional)
- Wide-brimmed hat or baseball cap
- 3 Liters of water - hydration system (bladder) or Nalgene bottles
- Lunch and plenty of sweet and salty snacks
- Sunscreen
- Sunglasses
- Bug spray (optional)
- Trekking poles (optional)
- 1 pair extra socks (optional) (we may encounter creek crossings on some adventures)
- Gloves (optional)

Feel free to contact Colorado Adventure Guides with any questions regarding equipment via email at [abe@cbstadventures.com](mailto:abe@cbstadventures.com). If you are in need of any last minute gear after you have arrived in the county, you can find everything you need at one of our favorite shops:

Breckenridge: Mountain Outfitters, 112 S. Ridge St (970) 453-2201  
Dillon: Wilderness Sports, 701 E Anemone Trail (970) 468-5687