

GEAR GUIDE

OUTERWEAR

- Waterproof Rain Jacket
- Fleece or Synthetic Layer
- Hiking Boots or Trail Runners
- 4 to 5 Pairs of Wool Hiking Socks
- Medium Weight Jacket
- 7 Days of Clothing
- Quick Dry Shorts

HIKING GEAR

- Reusable Water Bottles (64 oz total)
- High SPF Sunscreen and Lip Balm
- Small Flashlight and Headlamp
- Hiking Daypack (15 to 25 liters)
- Compact Toilet Paper
- Lunch Container
- Water Shoes (Chacos, Teva's, etc.)

PERSONAL ITEMS

- 7 Days of Clothing
- Tennis Shoes/Comfortable Footwear
- Beach Towel
- Bath Towel
- Bed Sheets for XL Twin/Sleeping Bag
- Pillow
- Prescription Medications
- Toiletries
- Swim Suit

ADDITIONAL ITEMS

- Small Whistle
- Packable Campfire Blanket/Chair
- Comfortable Warm Layers
- Sunglasses
- Hat or Cap
- Phone Chargers
- Spending Money
- Books(s)
- Camera

WEATHER CONDITIONS

For Estes Park, Grand Lake, and RMNP

- Expect Warm Weather
- Expect Afternoon Storms

AVERAGE TEMPS (°F)

High: 78° Low: 50°

TRAIL CONDITIONS

For Arapaho National Forest and RMNP

- Expect Muddy Trails
- Expect Heat

ALTITUDES

High: 12,000 ft. Low: 7,000 ft.