



Camp 4: First Ascent!

- 📁 Please have all of the climber's camping and climbing gear packed and ready to check by UCC staff at the beginning of camp on Wednesday.
- 📁 Label everything clearly with climber's name.
- 🗑️ Minimize trash! Please take newly purchased items out of the package, reduce and recycle before packing.
- 👉 All camping and climbing gear (excluding the sleeping bag and ground pad) must fit into 1 travel bag.
- ✉️ Send an email if you have any questions!

UCC will be providing climbing equipment, tents, cooking supplies and food.

Suggested places to purchase camping needs:

Look around your home first!!

Campmor.com (best deals!)

GearX.com

Backcountry.com

Gear Revival

The Climbing Store

Target

Army/Navy Store

REI

DO NOT BRING:

- ⊗ Portable electronic devices
- ⊗ Knives
- ⊗ Matches or Lighters
- ⊗ Fireworks
- ⊗ Pets
- ⊗ Drugs or Alcohol
- ⊗ Candy
- ⊗ Food (healthy camp meals will be planned and provided)

ExperientialLife/UCC is not responsible for lost personal items, homework or books. Please place the participants name on everything.

Limited gear is available for scholarship participants and anyone in need.

The Camp Gear List

- Sleeping bag
---must be in a stuff or compression sack or be capable of staying tightly rolled!

- Ground Pad

These items, must fit into 1 travel bag:

- Flashlight/headlamp
- Xtra batteries
- (3)gallon size Ziploc bags
- (2)quart size Ziploc bags
- (2) lg. heavy duty trash bags
- 2 nalagene water bottles
- 1 long sleeve shirts
- 3 t-shirts
- 2 pair of capris, cargo or long shorts
- 1 pair of long pants (no jeans)
- Underwear
- 2 pairs of socks
- 1 hat or cap w/ brim
- Closed toe athletic shoes or hiking boots
- Flip flops
- Appropriate bathing suit
- Mess kit w/utensils
- Drinking cup
- 1 Bandana
- Whistle
- 1 Pack towel Ultralite*
- Backpacking toilet paper* (place in a small ziplock bag)
- Appropriate SPF sunscreen/block
- Sun burn care product
- Bug repellent
- 👉 Personal hygiene products (travel size and environment friendly preferred)
- Soap
- Shampoo
- Non-electrical toothbrush
- 👉 Medications (labeled w/ directions for application)
- 👉 Camera (optional)

- 👉 **If the climber wishes to bring their own climbing equipment, please make sure it is UIAA standards approved.**
- Climbing harness
- Climbing helmet
- Climbing shoes