



Mountain Camps - Equipment List Summer 2025

Please make sure campers are prepared by following the recommendations on this Equipment List. If you don't have some of the items listed below, we will have a limited supply available for campers to borrow.

****Keep in mind everything, including lunch, needs to fit in your campers backpack. Except for extra clothes.*

Please bring or wear the following items each day:

- **Sturdy, broken-in hiking boots or tennis shoes (*no sandals please*)**
- **Wool socks (*not cotton*)**
- **Fleece Jacket (*not cotton*) - Warm, Fleece or Synthetic Jacket (*not cotton*)**
- **Rain Jacket**
- **Sun Hat**
- **Sturdy, non-leaking water bottle (2 bottles of 16 oz or more)**
- **Healthy lunch & snack!**
- **Sunscreen & lip protection (*applied & in backpack*)**
- **Comfortable Daypack**
- **In Separate Bag: spare clothing (sweatshirt, shirt, underwear, pants, & socks)**
- **Optional: insect repellant**

Please make sure your name is on each item. Wear clothing that can get dirty!

FITaos is *electronic free*. Please **NO Smartwatches, iPods, cell phones, or video games.**

Please do not pack any glass items.

If you have questions, please feel free to contact us by phone or email. See you soon!

Alastair Keith
Program Director
575-779-3620
programs@fitaos.org