



Flocks and Rocks Packing List

Welcome to the Cottonwood Gulch Expeditions Flocks and Rocks Trek! Having the right gear can make or break an expedition, so we've crafted a list to help guide your choices. We've made every effort to ensure that this list is reflective of what you need, though you know yourself best. If you have any questions or concerns, please feel free to reach out.

Clothing		
Please note: layers are incredibly helpful in the Southwest. It's not uncommon to have a 50 degree temperature difference in one day and layers are the best way to ensure your comfort.		
Item	Quantity	Notes
T-shirts	5-7	Cotton or synthetic T's work fine.
Long Sleeve Shirts	1-2	Great part of the layering system. Many of our staff and trekkers enjoy having lightweight shirts to offer protection from the sun.
Pants	2-4	Hiking pants, jeans, work pants, etc. are all fine options.
Shorts	2-4	Nothing fancy is necessary, whatever you prefer to wear will work.
Mid-Layer (fleece top)	1	A warm fleece layer to use either as a middle layer when it is cold, or a top layer when it's chilly.
Top Layer ("puffy" jacket)	1	A warm, synthetic or down-fill insulated "puffy" jacket that fits over your other layers. A hood is recommended. Please note that down requires extra care in wet conditions.
Underwear and bras	8-10	
Long underwear (top and bottom)	1-2	Synthetic or wool base layers are very helpful for staying warm, particularly at night.

Rain Layer	1	Some people are into ponchos, some prefer rain jacket and rain pants, some forgo rain pants altogether. Plan to be outside and relatively comfortable, even when it's raining.
Warm Hat	1	Fleece, wool, synthetic, whatever you've got. Very helpful for staying warm on cold mornings and evenings.
Lightweight Gloves	1	Fleece, wool, or synthetic gloves. Very helpful for staying warm on cold mornings and evenings.

Sleeping Gear		
Item	Quantity	Notes
Sleeping Bag (CGE can provide)	1	Despite popular belief, it does get cold in the Southwest at night. We recommend a synthetic fill or down fill sleeping bag rated to be warm down to 20 degrees. If you know that you get cold easily, you may want to consider a sleeping bag liner for additional warmth or opting for a warmer bag. CGE provides sleeping bags rated to 20 degrees.
Sleeping Pad (CGE can provide)	1	Foam or inflatable is fine. Inflatable tends to be more comfortable and warmer, though they are considerably more expensive and can be vulnerable to popping. CGE provides foam.
Travel Pillow (optional)	1	Some people enjoy having a small inflatable or foam travel pillow. Others simply use a balled up fleece.

Packs and Bags		
Item	Quantity	Notes
Day Pack	1	We recommend a 20 liter day pack. Some folks prefer a single compartment for everything, some folks prefer many smaller compartments for organization. The choice is yours, but you should have the pack with you pretty much 24/7. Everyone's needs vary, though we encourage carrying 2 water bottles, rainlayer, warm hat, sunscreen, hat, headlamp, notebook and pen.

Duffel	1	For storing your clothes and gear.
Laundry Bag	1	Can be helpful in keeping dirty laundry separate from your clean clothes.

Other Required Items		
Gear	Quantity	Notes
Water Bottles	2 liters at a minimum	Durable plastic or metal bottles work best. If you prefer a hydration bladder (Camelbak or similar), that's fine, but do make sure you have at least one water bottle in the event your bladder breaks.
Headlamp	1-2	Headlamps are far more convenient than flashlights since they allow your hands to be free to do dishes, get yourself ready for bed, etc.
Sun Hat	1	Wide brim, trucker, cowperson, old baseball cap, whatever you fancy and keeps the sun off your face. Even if you think you're not a hat person, our staff highly recommend bringing one in case.
Toiletries and medications		We provide biodegradable soap/shampoo in our shower. Please also bring a toothbrush, toothpaste, etc. that you can use to help yourself feel and be clean. Also remember that if you wear glasses and/or contacts to see, bring more than one pair.
Notebook and pen	1-2	A small pocket notebook is a great way to capture your ideas. We try to provide one, but bringing your own notebook that is pocket sized or larger is great.
Towel	1	A quick dry towel is a must for some; others are happy to use a "normal" one. But for all of us, having something to use to dry off with after getting clean is essential.

Footwear		
Please note: We are a closed toe shoe program. The only exception is that flip flops are allowed in the shower house as shower shoes.		
Gear	Quantity	Notes
Hiking Boots or Shoes	1	Durable shoes that have good ankle and heel support walking on uneven ground. We highly recommend taking time to break them in before the trek to prevent blisters.
Sneakers	1	Lightweight, breathable sneakers are a great option for hikes.
Camp Shoes	1	Many of our staff enjoy having Crocs or something similar to change into while in camp.
Wool/Synthetic Socks	5-7 pairs	Some staff enjoy having several different weight socks to choose from i.e. thicker ones to sleep in or for very cold weather. Darn Tough and Smartwool are both brands that our staff have had success with.
Shower Shoes	1	Any shower facilities that will be available are public and shared, so we highly recommend shower shoes to stay comfortable. Those dollar store flip flops work great.

Optional Items		
Gear	Quantity	Notes
Instrument		If you play a portable instrument, please consider bringing it. Pianos, organs, full sized harps etc. please.
Camera	1	Digital, film, and disposable are all options our staff and trekkers have used successfully.
Insulated mug	1	If you're a hot beverage in the morning or evening kind of person you'll likely want some type of insulated mug.
Sunscreen		We provide sunscreen, but if you are particular about what to use, bring your own.

Watch	1	A durable, cheap option is fine.
Sunglasses	1-2	Good for the sun, even better for hammering rocks!

Group Items- CGE will supply (no need to bring your own)	
Gear	Notes
First Aid Kit	We provide extensive first aid kits for our programs, there is no need to bring your own.
Cooking and Eating Gear	We provide this equipment.
Tents	If you have your own that you would like to bring, you may. If not, we can provide.
Cot	For adult programs, we provide cots for all participants.
Camp Chairs	For adult programs, we provide folding camp chairs.

We encourage you to **limit the electronic devices you bring**. Many participants see Cottonwood Gulch Treks as an opportunity to “unplug” for a short period of time. That said, we understand the need to occasionally contact friends and family back home. There is not reliable service in many of the places we travel, so it’s best not to expect to have reception. There is also limited ‘plug-in’ space in the vehicles.