

Red Rock Recovery Center

Experiential Program Packing List

Winter

Winter Boots Insulated, waterproof, and above the ankle.

Available at Wal-Mart:

- Men's Ozark Trail winter boots- \$29.84
- Men's winter boots (grey moon boots)- \$19.68
- Women's Ozark Trail winter boots- \$46.86

Available at REI:

- Women's and men's Sorel Caribou boots- \$150
- Men's Kamik William snow boot- \$149.95
- Men's North Face Chilkat- \$150

Available at Sportsman's Warehouse:

- Women's Northside Kathmandu boots- \$74.99
- Women's Northside Bishop Boots- \$54.99
- Women's Kamik Momentum- \$84.99
- Men's Kamik Nation Plus boots- \$79.99

Socks 2 heavy weight wool. No cotton.

Available at Wal-Mart:

- Men's Kodiak wool socks (2 pack)- \$9.48
- Men's Dickies crew work socks- \$8.77

Available at REI:

- REI Coolmax midweight hiking crew socks- \$13.95
- Fox River Adventure cross terrain 2 pack- \$19.95

Available at Sportsman's Warehouse:

- Fox River boot and field thermal socks \$7.99
- Fox River work thermal 2 pack- \$15.99

Available at Army/Navy Surplus:

- Fox River hike, trek, and trail- \$8.99

Available at Army/Navy Surplus Outlet:

- Fox River work steel toe crew 6 pack- \$20

Long Underwear 1 set, top & bottom. Midweight, heavyweight, or "expedition weight". Base layers should be synthetic, silk, or wool. Look for new anti-microbial fabrics that don't get stinky. No cotton.

Available at Wal-Mart:

Women's Climate Right by CuddlDuds long sleeve crew and leggings- \$9.96 each

Men's Russel base layers top and bottom- \$12.72 each

Available at Sportsman's Warehouse:

- Coldpruf enthusiast base layer top and bottom- \$17.99 each

Sweater Heavy fleece, synthetic, thin puffy, or wool. Not too bulky.

Available at Wal-Mart:

- Women's Faded Glory acrylic sweater- \$16.94
- Women's Swiss Tech polyester hoodie- \$21.96
- Men's Swiss Tech fleece- \$24.88
- Men's Athletic Works microfleece jacket- \$9.93
- Women's Faded Glory sherpa hoodie- \$19.96

Available at Army/Navy Surplus Outlet:

- Men's Stanley sweater fleece- \$30

Warm Coat Primary layer. Must be warm enough to keep you comfortable when not moving outdoors in cold conditions. Could be a thick synthetic or down puffy coat, a warm ski jacket, or similar. Should be serviceable for outdoor activities, not a fashionable coat for urban use (unless it can still allow movement and get dirty). If not waterproof, bring a waterproof shell to protect in wet conditions.

Available at Wal-Mart:

- ❑ Women's Swiss Tech parka jacket- \$39.98
- ❑ Men's Swiss Tech parka jacket- \$34.94
- ❑ Men's Swiss Tech softshell jacket- \$24.88
- ❑ Men's Iceburg outerwear coat- \$49.98
- ❑ Women's Faded Glory bubble jacket- \$19.96

Available at Army/Navy Surplus:

- ❑ Women's Foselam jacket- \$18

Rain Jacket Must have a hood. Rain pants optional.

Available at Wal-Mart:

- ❑ Men's and Women's Coleman Inlet nylon jacket- \$29.27

Available at REI:

- ❑ Men's REI rain jacket- \$69.95
- ❑ Men's REI rain pants- \$59.95

Available at Army/Navy Surplus:

- ❑ Acadia rubber rain jacket- \$29.99
- ❑ Acadia rubber rain pants- \$18.99

Available at Army/Navy Surplus Outlet:

- ❑ Guide's Choice rain jacket- \$35

T-shirts 2, not cotton. A short-sleeved button up shirt is okay.

Available at Wal-Mart:

- ❑ Women's Faded Glory long sleeve polyester/rayon v-neck tee- \$8.88
- ❑ Men's Starter moisture wicking polyester short sleeve tee- \$5.76
- ❑ Men's Dickies performance long sleeve pocket tee- \$11.94

Shorts Synthetic quick-dry. Zip-off legs are preferred by some.

Available at Wal-Mart:

- ❑ Men's Starter mesh shorts- \$6.88

Pants Synthetic or wool, loose enough to fit over long underwear. No cotton.

Available at Wal-Mart:

- ❑ Women's White Stag women's pull on pants (polyester)- \$8.94

Available at Army/Navy Surplus:

- ❑ Wool pants- \$15.95 and \$27.99

Available at Army/Navy Surplus Outlet:

- ❑ WFS wool pants- \$40
- ❑ Columbia Sterns Mountain fleece pants- \$25

Warm Pants Such as ski/snowboard pants, heavy fleece, etc. Pants that integrate waterproof layer are convenient.

Available at Army/Navy Surplus Outlet:

- ❑ Compass 360 Roadforce reflective riding pants waterproof shell- \$24.98

Underwear 2 sets. Synthetic or wool preferred. Women should bring cotton for in camp and two sports bras.

Available at Wal-Mart:

- ❑ Men's Performance active briefs (2 pack)- \$9.48
- ❑ Women's Hanes performance cool x-temp boyshort (3 pack)- \$11.97
- ❑ Women's Danskin Now low impact seamless sports raceback sports bra- \$4.77

Warm Hat Fleece, wool, or acrylic. No cotton.

Available at Wal-Mart:

- ❑ Men's and Women's Reversible acrylic beanie- \$2.48

Gloves Mid or heavyweight. Ski gloves or mittens or similar. No cotton.

Available at Wal-Mart:

- ❑ Men's and Women's Igloos waterproof ski gloves- \$19.97

Sun Hat Ball cap or full brimmed-hat for sunny days.

Available at Wal-Mart:

- ❑ Women's Faded Glory ball cap- \$2.97

Sunglasses Bring a case if possible, or consider the likelihood of breakage.

Available at Wal-Mart:

- ❑ Men's and Women's Foster Grant polarized sunglasses- \$10

Headlamp LED battery-powered with fresh batteries. A red light mode can be useful for reading or writing at night.

Available at Wal-Mart:

- ❑ Ozark Trail LED 50 lumen headlamp- \$6.97

Water Bottles 2 quart carrying capacity.

Available at Wal-Mart:

- ❑ Powerade- \$0.88

Bandanas Bring 2 for use as sun protection, table cloth, hanky, etc. The "miracle item". How many ways can you think to use one?!

Available at Wal-Mart:

- ❑ 2 pack- \$2

Bowl/spoon/cup For eating and short-term food storage.

Available at Wal-Mart:

- ❑ 4 pack spoons- \$0.88
- ❑ Mainstays food storage container 40 oz (2 pack)- \$0.88
- ❑ Aladdin hot beverage reusable cup 16 oz (4 pack)- \$3.94

Toiletries Toothbrush/paste, sun screen, lip balm, any personal drops, solutions, etc. Bring a few hair ties and safety pins. Bring only the basics. You will be carrying it all in your pack.

Women bring standard supply of tampons, pads, or whatever system you regularly use. It is common to have an abnormally timed menstruation cycle in a new environment and with increased physical activity.

Available at Wal-Mart:

- ❑ Dr. Fresh travel kit (toothbrush/paste)- \$0.88

This list is based on safety and comfort requirements for the outdoor activities that Red Rock Recovery Center participates in during all four seasons in Colorado, which can have highly unpredictable weather. It is crucial for clients to be prepared so they can get the most enjoyment out of our programs. Some people already have these or similar articles. Except for footwear, most of this clothing can be obtained for less than \$100 if bought at thrift stores. On the other hand, top-of-the-lines gear can be had for several thousand dollars. The choice is yours, based on your personal situation. Clients who arrive without adequate gear will need to acquire it locally.

Store Address ListWalmart

440 Wadsworth Blvd, Lakewood, CO 80226

7455 W Colfax Ave, Lakewood, CO 80214

Sportsman's Warehouse

3910 River Point Pkwy, Sheridan, CO 80110

REI

5375 S Wadsworth Blvd, Lakewood, CO 80123

1416 Platte St, Denver, CO 80202

Army Surplus

3524 S Broadway, Englewood, CO 80113 (outlet next door)