YETI Outdoor Program

ARQ Mountain Participant Equipment Checklist

- ☐ Medical – If you require any specific medications (Ventalin, Epinephrine, etc.) make sure you have this with you.
- ☐ Good pack lunch with snacks. We are gone all day!
- ☐ Day Pack – The one you use for school will work fine for this trip.
- ☐ Reusable Water Bottle
- ☐ Clean indoor running shoes if possible.
- ☐ Outdoor shoes for a hike. This will be an easy hike so walking/running/skate shoes will be fine.
- ☐ Layers:
    - Rain Jacket
    - Warm Layer
    - Pants (It may be cold or rainy)
- ☐ Optional Items
    - Camera
    - Sunglasses
    - Hat