



# Intro to Backpacking Mount Lemmon



The Santa Catalina Mountains are one of the most unique and beautiful backpacking destinations in the country with nearly 20 miles of remote hiking through the mountains. On this Outdoor REC trip, we will be utilizing a variety of lightweight equipment and techniques to keep our pack weight as low as possible, giving us more time and energy to explore the mountain. This trip is a great introduction to backpacking as well as a wonderful journey to a spectacular destination.

## Itinerary

Subject to change

### Day One:

- Meet at OR, pack backpacks
- Depart OR, drive to Gordon Hirabayashi Recreation Site (Prison Camp)
- Hike to campsite
- Set up camp
- 5-minute initiative, A chance to give back to the natural areas around us

### Day Two:

- Coffee and breakfast
- Pack up camp and begin hiking
- Lunch on the Trail
- Arrive at trail head
- Head back to OR

## PACKING LIST

- 4 pairs of wool/synthetic socks
- Hiking boots and camp shoes
- Wool/Polypropylene Long Underwear (top & bottom)
- Shorts and long pants
- 2 Short Sleeved Shirts
- 2 Long Sleeved Shirts
- Mid weight wool/fleece jacket
- Heavy weight down or synthetic winter jacket
- Personal lifesaving medication
- Toiletry Items
- 3 Water bottles (1 Liter)
- Camera (optional)
- Sunscreen, lip balm
- Sun hat/wool hat, sunglasses
- Spare Batteries for Headlamp
- Money for Meals En Route
- Headlamp or small flashlight\*
- Backpack\*
- Sleeping bag rated to 20 F\*
- Foam Pad\*

\* May be reserved from Outdoor Recreation at no additional cost.

## OUTDOOR PROVIDES

- Transportation
- Food provided, while on site
- Entrance and Camp Fees
- Cooking and camping equipment
- Leadership and Instruction
- All trip-specific gear

### EXERTION LEVELS

