

The GateWay Mountain Center – *for Place-Based Learning and Adventure*
P.O. Box 995 Soda Springs, CA. 95728
Ph. (530) 205-6245, Fx. (888) 508-2629
peter@sierraexperience.org

Equipment List

What to bring with you on a GateWay Mountain Center Trip:

Backpack or hip pack	Poncho or rain jacket
<u>2 quarts of water per person</u>	Extra clothing layers for warmth
Warm Hat	Snacks
Sunglasses	Journal/pen
Sunscreen	Binoculars (optional)
Lip balm or chap stick	Camera (optional)
Sturdy hiking shoes or light hiking boots	
Good socks	

For Winter Trips

Really Sturdy hiking boots Or Snow Boots
Extra shoes to wear while boots are drying
Good socks (wool)
Gloves
Snow Pants

For staying at Clair Tappaan Lodge:

Sleeping Bag
Towel
Wash cloth
Soap/Shampoo/Toiletries

The lodge provides pillows and cases.

For more information about Clair Tappan Lodge visit
www.sierraclub.org/outings/lodges/ctl/thingstoknow.asp

How might the altitude affect me? Our hikes are conducted at elevations of 7,000 ft above sea level and higher. Some people experience mild altitude sickness at these elevations. To help your body adjust, and to better prepare yourself for your experience, we suggest that you drink plenty of water the night before, and during the hike. Remember, mountain weather can be unpredictable so come prepared for rain/snow and warm weather. We are looking forward to sharing an adventure in the mountains with you!

If you have any questions please call us at:

(530)-205-6245 or email: peter@sierraexperience.org

The GateWay Mountain Center is a project of Social and Environmental Entrepreneurs
A 501(c) 3 non-profit public charity
www.saveourplanet.org

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