

In View of the Pony. What to bring.

The event is overnight, so you can arrive in the morning and still qualify. But we will all be gone around 4:45. Your decided arrival time will affect what you bring. This list assumes you are staying the night. **If you decide to hike in after dark, do some route study so that you don't miss the creek crossing.**

1. **Backpacking Pack** ... no need to buy something special, but it seems to get heavier the longer you wear it.
2. **Tent.** Either plan to share with someone, or get a lightweight, backpacking tent WITH a rainfly. Check it out. I think REI might rent these, but am not sure.
3. **Sleeping bag.** Lighter the better, but make sure it's good to about 20 degrees.
4. **Sleeping pad.** Nice to have, but not mandatory.
5. **Sturdy shoes.** I recommend a good pair of hiking boots from a major brand, but you can hike this entire course with just running shoes. However, if you are prone to twisting an ankle, then a boot with a higher top is smarter. You will be fine on the ascent, but coming down is when you may wish you had something sturdier.
6. **Layered clothing.** Shorts should be fine in mid-August during daylight hours, but it will get cold at night. Pants with zip off legs would be smart. I recommend layers that have no cotton in them ... tech fabrics. I will wear long hiking pants, a short-sleeved, relatively tight-fitting poly workout shirt, a long sleeved nylon shirt over top. I will start out with a light-weight jacket that is also water resistant. In my pack I will carry one additional long-sleeved layer just in case it gets too cold.
7. **One Good Waterproof, Lightweight Jacket.** You might want to also consider lightweight rainproof pants.
8. **Gloves.** Gloves are very nice when you are climbing rocks. You will only be climbing rocks if you decide to join some of the group to the ridgeline the following morning. My favorites are the cheap construction gloves from Home Depot. FIRM GRIP, they have a Velcro wrist band and a mesh back. So cheap, you don't feel bad about tossing them in the trash when they get holes in the fingers.
9. **Hat.** At the minimum you will need a ball cap, but something that provides better sun protection is a better choice.
10. **Helmet.** If you are considering joining some of us for a hike to the Capitol Peak Knife Edge on Sunday, then you may want to consider getting a climbing helmet.
11. **Hiking Poles.** It's a long hike in and out. Hiking poles were made for this route. If you are considering joining some of us for a hike to the Capitol Peak Knife Edge on Sunday, the poles will not do you any good after the saddle. You'll have to ditch them somewhere there or lash them to your pack.
12. **Summit pack.** If you are considering joining some of us for a hike to the Capitol Peak Knife Edge on Sunday, then you may want to consider getting a "Summit Pack." This acts as a duffel bag inside your large backpack. It is much easier to carry when you don't want to haul your large back to 13,500+ feet.
13. **Sunscreen.** Buy a small tube of SPF30 (at least) just for this hike. You should apply it to all exposed skin before the sun rises, then again when you first feel sun on your back, then again, then again, then again. You might want to consider a small bottle that has a carabineer attached. That way it will be easily accessible on your pack.
14. **Water** – Carry enough water when you start the hike to make it 6 miles at altitude. There will be some water purifiers around, so don't worry about buying one. You will be asked to help "pump" water. I carry a 6 quart platypus bladder so that I can fill it once and have enough water

for an overnight for cooking and drinking. You may want Gatorade powder to add to your water.

I recommend carrying some liquid in your vehicle and drinking a LOT before you start the hike.

15. **Food.** This is a personal issue. Dry, wet, light, heavy.
 - a. **Dinner.** I will carry one Mountain House freeze-dried pack of Chicken and Rice (WalMart in the camping area). It says "2 servings..." maybe for the munchkins in the Wizard of Oz. I also bring one Cup of Soup for my evening meal. You may borrow my stove, but if you want to, please bring one small fuel canister with you. You will want something hot after the sun goes down.
 - b. **Breakfast.** I will carry one bagel and two tiny packs of cream cheese
 - c. **Lunch.** I will carry one sandwich in a plastic box with 10 Fig Newtons in the box.
 - d. **Walking back to the car.** I survive on Clif bars, power bars, Gu, whatever floats your boat.
16. **Beer.** I am looking for someone who will volunteer to carry a 12-pack of beer to the camp site. I am not kidding; my son took a 6-pack of Dale's Pale Ale to Missouri Basin at the base of Mt Belford. 5 miles and a lot of vertical. He was nuts, but happy when he arrived.
17. **Cell Phone.** This close to Aspen, you will probably have coverage on the summit, unless you have AT&T; then you won't have coverage anywhere in Colorado, much less Aspen.
18. **Map.** Most advice is "don't leave home without it." Except for crossing the stream at the right spot (see the instructions), it's pretty tough to get lost on the Trail unless you depart at night from parking. In the daytime if you are walking toward Capitol Peak and are on a trail, then you are on the right trail. The best single map is National Geographic Trails Illustrated Number 128 – Maroon Bells, Redstone, Marble. Capitol Peak and Capitol Lake are on the EAST SIDE of the map. We will be hiking the Ditch Trail, then the Capitol Creek Trail. You can find this map at REI or on Amazon.com.
19. **Stream Shoes.** Keep an eye on the rainfall from Spring to August. If the stream is up, you might want to bring along some lightweight shoes just for crossing Capitol Creek. You can hike them in 3 miles or so, cross the creek, hang them in a tree (marking coordinates) and reverse the process on the way home on Sunday. I will probably be bringing some ... Teva's or Keen Sandals, etc are good. Wet boots are not fun after a stream crossing.
20. **Headlamp.** For anyone wanting to hike to the ridgeline the morning after the event, you will need a good, bright headlamp with new batteries. Weather dependent, we will depart the campsite at 4:45AM. If the weather looks really iffy for the afternoon, we will depart at 3:45AM
21. **Blisters.** Bring something you would use to treat blisters
22. **First aid kit.** It would be good to carry something just in case.
23. **Change of socks.** I like to swap socks at the halfway point. ...your call. You might want to bring something thin as an extra pair in case your boots/shoes are feeling tight.
24. **Sunglasses.** It will be VERY bright up there.
25. **Camera.**
26. **Poop bag.** Bring something to clean up after yourself and to pack out. Please.
27. **ZipLock Bags.** We could get rain. Bring bags to protect your electronics, phone, camera, wallet, and such
28. **Checklist.** See my backcountry checklist. It has about everything you might want to think about bringing.