

Gibbs Lake 4-H Challenge Course (GLCC)

PERSONAL CLOTHING & EQUIPMENT LIST



Jefferson County

4-H 

WASHINGTON STATE UNIVERSITY
EXTENSION

To ensure safety and comfort while using the GLCC, please go over this clothing list and plan/dress for changing weather conditions. **Do not underestimate the need for warm wool and good dry rain gear at any time** of year as weather conditions can change rapidly. **Please leave dangly, loose jewelry and/or any ripped clothing at home** (these items can get snagged on equipment, trees, other participants, etc. and cause physical injury).

For Cold and Inclement Weather Conditions

- Long pants
- 2 sweaters or shirts (wool or synthetic)
- Warm, winter hat (wool or synthetic)
- Rain jacket with hood (**no ponchos!**)
- Rain pants
- Gloves (wool or polyester pile with outer shell)
- Parka (polyester fiberfill is best)
- Snack or lunch (depending on duration of event)
- Full water bottle
- Bring a small pack or bag to carry your extra clothes and lunch
- Gym shoes with good tread for traction or hiking boots (**no open-toed shoes**)
- For long hair: ponytail holders or equivalent
- 2 (two) pairs of wool socks
- Polypropylene long johns (excellent for cold weather)
- Bring extra dry clothes to leave in the car including: socks, pants, shirt and shoes
- Do **NOT** wear *cotton* jeans, T-shirts, or cotton long johns in wet weather (they trap moisture and become extremely cold, causing hypothermia in unsuspecting victims)

For Warm and Sunny Weather Conditions

- Comfortable, durable, breathable clothing to stretch and move about in – clothing must extend at least from collar bones to knees, pants and long sleeves recommended
- Warm shirt, sweatshirt, parka, and/or sweater (in case of cooling down)
- Snack or lunch (depending on duration of event)
- Full water bottle
- Bring a small pack or bag to carry your extra clothes and lunch
- Gym shoes with good tread for traction or hiking boots (**no open-toed shoes**) with socks
- For long hair: ponytail holders or equivalent
- Sun screen
- Insect repellent