

PEAK 2025

W Y O M I N G C A T H O L I C C O L L E G E

WHAT TO BRING

Clothing and Equipment

You will participate in many different activities at PEAK including studying, riding horses, camping, Mass, hiking, swimming, and college-level classes. Culminating your experience will be a formal dinner and dance. Different clothing is appropriate for each activity. Thus, Wyoming Catholic College has a dress code to ensure the proper atmosphere at all times.

Classroom Attire—For class and daily Mass—Men shall wear a collared shirt, neat slacks or dress jeans* with appropriate belt, shirt tucked in, and non-sports shoes (cowboy boots and leather shoes are acceptable). Women shall wear a dress, or a skirt or formal slacks/modest dress jeans* and blouse, and non-sports shoes. Sleeveless tops are not allowed (shoulders must be covered).

**Dress Jeans:* In Wyoming, “dress jeans” are as accepted as khakis as a business casual level of dress. Dress jeans are very dark blue (or black) in color, with no holes, patches, fringe or fading, and with a tailored, relaxed fit (excludes anything baggy or tight fitting). For men, no stretch denim or skinny jeans are allowed. For women, see the women’s dress code guidelines for acceptable fit.

Formal Attire—For Sunday Mass and the formal dinner and dance— Men shall wear a dress shirt, tie, dress slacks, and dress shoes or cowboy boots. Jeans are not considered formal. Women shall wear a modest dress or skirt and blouse and dress shoes or cowboy boots. Shoulders must be covered during Mass (some sleeveless tops are allowed at formal events: see women’s dress code).

Casual Attire—Minimum standard to be observed outside of the dorms— Modest clothing is always required. Students should dress neatly. In keeping with the College’s intention to establish a dignified community, distracting bodily accouterments or hairstyles are not permitted on campus.

Outdoor/Equestrian Attire—While this type of attire can overlap with Casual Attire, it is more specifically designed for performance and comfort while participating in certain outdoor-related activities.

- For horseback riding you will want a pair of jeans that, while not dress jeans, are still modest and practical (buying them with an inseam 2” longer than normal is recommended, since they tend to ride up in the saddle). Though not required, a pair of cowboy or riding boots is recommended.
- For swimming, men should bring a typical “board short” type of bathing suit. Ladies should bring a modest one-piece swimsuit or tankini. *No bikinis.*
- For backpacking and hiking, hiking boots with ankle support are **required**. Sneakers or tennis shoes provide little to no support in rough terrain.
- It is frequently cold at higher elevations in Wyoming during the summer mornings and evenings. Because it provides no warmth when wet and takes a long time to dry, cotton or cotton-blend clothing is not allowed in the backcountry, except during horseback riding.
- See below for full gear list with photos and descriptions.

Classroom Materials

You should bring your own pens, pencils, notepaper, etc., but the College will provide you with your course materials.

Other Items

There are laundry facilities in each dormitory for the students to use free of charge. Bedding (mattress, sheets, blankets, pillow, & pillowcase), towels, and laundry detergent will be provided. Other than that, some items are recommended:

- **Alarm Clock**—Using a phone or an iPod as an alarm clock is not permitted.
- **Backpack / book bag**—You will walk between different parts of campus, and a book bag is helpful for carrying a reading packet and other necessities. You will also need this to transport layers and a water bottle to the afternoon activities.
- **Camera**—You will probably want to capture some great memories! Smart phones and iPods are not to be used as cameras during the PEAK program.
- **Spending Money**—Excluding travel to and from the Denver airport and meals between Salt Lake City and Lander, we cover all the essentials: meals, park admission costs, etc. If, however, you wish to purchase souvenirs, or if you would like to have a drink or snack at coffee shops or a local business, you'll want to have some cash.
- **Toiletries**—Shampoo, conditioner, toothbrushes, toothpaste, etc. will not be provided by the College; however, if students forget these items at home, arrangements can be made to take them to purchase items at the local grocery or dollar store.

WHAT TO LEAVE HOME

Distractions

The goal of PEAK is to give you a taste of life as a WCC student; thus, we will require of you what we require of our full-time students. We believe that, while technology is in itself very helpful for many things, some technological devices can interfere with interpersonal communication on a personal level, distract from effective study, and offer temptations to waste a precious and limited amount of time. For that reason, students at Wyoming Catholic College do not have private internet access, televisions, or mobile phones, which now offer internet access and on demand movies, television shows, and sporting events. This is a well known component of campus life here at WCC, and we want you to see for yourself what a profound difference it makes. Therefore, for both the full experience of being a WCC student and to help you get the most out of your time here, we require that you leave the following items behind:

- **Cell phones**—While the College encourages students to travel to Lander with a cell phone for safety and convenience, they must be checked in with the PEAK Counselors for the entire duration of the program. Phones will be returned upon your departure from Lander. The College provides a land-line phone in each dorm room for you to speak with family at home while you are here.
- **Laptops**—WCC students use laptops and computers for email, writing papers, etc. Since PEAK does not require papers and since there will be plenty of activities besides private movie watching or computer gaming, leave your laptop at home.
- **Other personal electronic equipment**—iPods, iPads, Kindles, Nooks, game units, or any other personal audio or video devices are not allowed.
- **Tobacco**—Students, even those of legal age, are not permitted to use tobacco while participating in the PEAK program.
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A Note on the Above Policies




Wyoming Catholic College takes very seriously all of the above policies (dress code, technology, tobacco) because we see them as essential to ensuring the success of the PEAK program. Therefore, in the event of disregard for any of these policies, or due to any other actions contrary to the best interests of the program as a whole, the College reserves the right to dismiss an offending student from the PEAK program and send him or her home early at personal expense.

REQUIRED ITEMS PERSONAL CHECK LIST			
Item Description	Required	Available from WCC? (If yes, you do not need to purchase)	Personal Checklist
Short Sleeve T-shirt	1	Yes	
Long Sleeve T-shirt	1	No	
Mid-weight Pullover	1	No	
Insulating Jacket	1	Yes	
Waterproof Rain Jacket	1	No	
Sports Bra (Required for women)	1	No	
Synthetic Hiking Pants	1 pair	No	
Long Underwear Bottoms/Leggings	1 pair	No	
Synthetic Underwear	3 pairs	No	
Hiking Socks	2-3 pairs	No	
Beanie/Warm Hat	1	No	
Baseball Cap or Sunglasses	1	No	
Hiking Boots	1 pair	No	
Camp Shoes	1 pair	No	
Daypack (regular backpack)	1	Yes	
Sleeping Pad	1	Yes	
Sleeping Bag	1	Yes	
Headlamp	1	No	
Toothbrush	1	No	
Toothpaste	1	No	
Nalgene Water Bottle	2	One Nalgene will be provided for you	
Bowl with sealable lid	1	No	
Spoon and Fork (durable plastic)	1 each	No	
Hand Sanitizer	1	No	
Sunscreen	1	No	
Lip Balm	1	No	
Mosquito Head Net	1	Yes	





RECOMMENDED/OPTIONAL ITEMS PERSONAL CHECK LIST			
Item Description	Amount	Available from WCC?	Personal Check List
RECOMMENDED			
Fleece Vest	Optional	No	
Rain Pants	1	No	
Compression Stuff Sack	Optional	No	
Wrist Watch	1	No	
Camp Chair	Optional	No	
Bandanas	Optional	No	






OPTIONAL			
Extra Headlamp Batteries	1 set	No	
Small Notebook and Pen	Optional	No	
Trekking Poles	1 pair	Yes	
Feminine Hygiene Products	Normal amount needed	No	
Lightweight Gloves	1 pair	No	
Insect Repellent	1	No	
Camera	1	No	

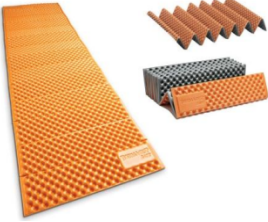




GEAR LIST FOR THE 4-DAY BACKPACKING TRIP

Item	Description	Quantity	Buying Options
TOP LAYERS			
<p>Short Sleeve T-Shirts (Base Layer/Hiking Top) <u>Required</u></p> 	<p>Wool or synthetics like polypropylene, capilene, nylon, polyester, etc. Synthetics will dry faster than wool, but also retain body odor.</p>	1	<p style="background-color: #00FF00; display: inline-block; padding: 2px;">Provided by WCC</p> <p>NO NEED TO BUY.</p>
<p>Long Sleeve T-Shirt (Base-Layer/Hiking Top) <u>Required</u></p> 	<p>This serves as a mid-weight base-layer.</p> <p>Wool or synthetics like polypropylene, capilene, nylon, polyester, etc.</p> <p>REI, Patagonia, Sierra Designs, Mountain Hardware, etc.</p>	1	<p>NOT available from WCC</p> <p>Can be purchased from Walmart or other sporting goods store</p>
<p>Mid-Weight Pullover <u>Required</u></p> 	<p>Mid-weight insulating layer. Wool sweater or lightweight fleece.</p> <p>REI, Patagonia, Adidas Mountain Hardware, etc.</p>	1	<p>NOT available from WCC</p> <p>Can be purchased from Walmart or other sporting goods store</p>







<p>Insulating Jacket (Insulating Layer) <u>Required</u></p> 	<p>Medium to heavyweight full length zip fleece or down/synthetic puffy</p> <p>Mountain Hardware, Outdoor Research, Patagonia, etc.</p>	<p>1</p>	<p>Free rental from WCC</p> <p>NO NEED TO BUY</p>
<p>Fleece Vest <u>Optional</u></p> 	<p>Medium weight fleece or synthetic vest</p> <p>Mountain Hardware, Outdoor Research, Patagonia, etc.</p>	<p>1</p>	<p>NOT available from WCC</p> <p>Can be purchased from Walmart or other sporting goods store</p>
<p>Waterproof Rain Jacket (Outer Shell Layer) <u>Required</u></p> 	<p>A <u>waterproof</u>, lightweight, packable jacket with a hood. Single-ply, waterproof, breathable fabrics (such as Gore-Tex®) are ideal. Make sure that the jacket is truly waterproof!! To check, hold under running faucet for 30 seconds.</p> <p>Mountain Hardware, Outdoor Research, Patagonia, Adidas, Black Diamond, etc.</p>	<p>1</p>	<p>NOT available from WCC</p>
<p>Sports Bra <u>Required</u> for women</p>	<p><i>Synthetic (non-cotton)</i> sports bra</p>	<p>1</p>	<p>NOT available from WCC</p> <p>Can be purchased from Walmart, etc.</p>





BOTTOM LAYERS			
Synthetic Hiking Pants <u>Required</u>		Synthetic (nylon) pants that zip off at knee to convert into shorts; should have large zipper or Velcro at ankle to allow them to be pulled on/off over boots Columbia, North Face, Outdoor Research REI, etc.	1 NOT available from WCC Can be purchased from Walmart or other sporting goods store
Long Underwear Bottoms (Base Layer) <u>Required</u>		Mid-weight long underwear bottoms made of synthetic, Capilene, wool, or polypropylene REI, Patagonia, Under Armor, Minus33, Smartwool, etc.	1 NOT available from WCC Can be purchased from Walmart or other sporting goods store
Underwear <u>Required</u>		All underwear must be synthetic, silk or merino wool. <u>No cotton underwear.</u>	3 NOT available from WCC
Hiking Socks <u>Required</u>		Medium weight wool or synthetic blend hiking socks. <u>No cotton.</u> Smartwool, Darn Tough, REI, Wigwam, Icebreaker, etc.	2 - 3 pairs NOT available from WCC
HEAD AND HANDS			
Beanie/Hat <u>Required</u>		Any warm hat will work.	1 NOT available from WCC

<p>Lightweight Gloves <u>Recommended</u></p> 	<p>Fleece gloves to keep hands warm during cold mornings and evenings.</p>	<p>1 pair</p>	<p>NOT available from WCC</p>
<p>Ball Cap/Visor/Sun Hat</p>  <p>Hat <u>OR</u> Sunglasses Required</p>	<p>Keeps the sun off of your face. Wyoming sun can be intense!</p>	<p>1</p>	<p>Bring your own, or purchase a WCC or COR Expeditions hat.</p>
<p>Sunglasses Hat <u>OR</u> Sunglasses Required</p> 	<p>Metal frames are not recommended.</p>	<p>1</p>	<p>NOT available from WCC</p>
FOOTWEAR			
<p>Hiking Boots Required</p> 	<p>Quality hiking boots with ankle support required. (<i>Sneakers not permitted.</i>)</p> <p>Decent boots (\$60–\$120) are available from places such as REI, Sierra Trading Post, etc.</p> <p>Note: more stable (expensive) boots are required for the WCC 21 Day backpacking trip than the 4 day PEAK backpacking trip.</p>	<p>1 pair</p>	<p>NOT available from WCC</p> <p>DO NOT PURCHASE AT WALMART or other discount stores!! They will likely not be sturdy enough.</p>
<p>Camp Shoes Required</p> 	<p>Crocs or off-brand camp shoes are required. <i>Must cover toes!</i> Lightweight sneakers are OK.</p>	<p>1 pair</p>	<p>NOT available from WCC</p> <p>Can be purchased from Walmart or discount stores.</p>
BACKPACKING GEAR			

<p>Sleeping Pad Required</p> 	<p>Full-length, closed-cell foam pad to insulate from the ground. Therm-a-rest (Ridgerest or Z-Rest) pads work best.</p>	<p>1</p>	<p>FREE rental from WCC NO NEED TO BUY</p>
<p>Sleeping Bag Required</p> 	<p>Should be a lightweight bag ranging from 0-20 degrees. Should be down or synthetic mummy bag. Suggested bags come from Marmot, Mountain Hardware, Sierra Designs, REI, etc.</p>	<p>1</p>	<p>FREE rental from WCC NO NEED TO BUY</p>
<p>Compression Stuff Sack Optional</p> 	<p>Decreases the size of bulk items (sleeping bag) within your backpack. Medium size is recommended.</p>	<p>1</p>	
<p>Trekking Poles Optional</p> 	<p>Trekking poles make hiking easier on your body; help with stream crossings, hills, and give support to weak knees or ankles.</p>	<p>1 pair</p>	<p>FREE rental from WCC NO NEED TO BUY</p>
<p>Headlamp Required</p> 	<p>Should be lightweight and durable; an LED headlamp will last longer than a standard one.</p>	<p>1</p>	<p>NOT available from WCC Can be purchased at Wal-Mart or other sporting goods store</p>

MISCELLANEOUS ITEMS (REQUIRED)

<p><u>Toothbrush Required</u></p> 	<p>Can be cut in half to decrease weight.</p>	<p>1</p>	<p>NOT available from WCC</p>
<p><u>Toothpaste Required</u></p> 	<p>MUST be small travel-size toothpaste, 1-2 ounces</p>	<p>1</p>	<p>NOT available from WCC</p>
<p><u>Nalgene Bottle Required</u></p> 	<p>32oz lexan Nalgene water bottle. (Hydration bladders such as Camelbacks are not allowed.)</p>	<p>2</p>	<p>One is provided by WCC upon arrival</p> <p>(2nd one NOT available from WCC)</p> <p>Colors vary.</p>
<p><u>Bowl w/ screw-top lid Required</u></p> 	<p>Plastic bowl with a seal-able lid; screw-top recommended.</p> <p>Nalgene, GSI, Gladware</p>	<p>1</p>	<p>NOT available from WCC</p>
<p><u>Spoon and Fork Required</u></p>	<p>Spoon and Fork</p>	<p>1 each</p>	<p>NOT available from WCC</p>
<p><u>Hand Sanitizer Required</u></p> 	<p>Must be 2-4oz travel size</p>	<p>1</p>	<p>NOT available from WCC</p>
<p><u>Sun Block Required</u></p> 	<p>Minimum SPF 30, (2-6oz) bottles. High altitude causes greater risk of sunburn. SMALL, travel-size containers are required.</p>	<p>1</p>	<p>NOT available from WCC</p>

Lip Balm <u>Required</u>	SPF Recommended!	1	NOT available from WCC
MISCELLANEOUS ITEMS (recommended/optional)			
Bandanas <u>Optional</u> 	Cotton is fine. Bandanas come in handy for cleaning, shade, signaling, etc. A Buff® is also a nice option	2	NOT available from WCC
Headlamp batteries <u>Recommended</u>	Extra batteries for headlamp	1 set	NOT available from WCC
Wrist Watch <u>Optional</u>	An alarm is helpful.	1	NOT available from WCC
Notebook & Pen <u>Optional</u> 	SMALL and light!! (3 x 5 or 4 x 6)	1	NOT available from WCC
Feminine Hygiene Products Highly recommended for women	Normal amount needed.		NOT available from WCC
Camp Chair <u>Optional</u> 	Crazy Creek or other foldable or inflatable chair for cooking, eating, lessons and group discussions every evening. Must be less than 1.5 pounds or 24 oz.	1	Available from WCC
Insect Repellent <u>Recommended</u> 	Recommended since it will be mosquito season in the mountains; small travel-size bottle or wipes, no aerosol.	1	NOT available from WCC
Camera <u>Recommended</u>	Small, lightweight camera; <u>no phone cameras</u>	1	NOT available from WCC