

PEAK 2019

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/Equipment

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

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

Casual Attire (Minimum standard that may be observed outside of the residence halls) – Modest clothing is always required. Students should dress neatly and in accord with Christian dignity. In keeping with the College’s intention to establish a dignified community, distracting bodily accoutrements or hairstyles are not permitted on campus.

Camping/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 for your comfort, since they tend to ride up in the saddle). Though not required, a pair of cowboy or riding boots is strongly 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 camping and hiking, hiking boots are required. Sneakers provide little to no support in rough terrain.
- At higher elevations in Wyoming during the summer mornings and evenings, it is frequently cold. Because it provides no warmth when wet and takes a long time to dry, we do not permit our students to wear cotton or cotton-blend clothing in the backcountry, except during horseback riding. Synthetic clothing is required, and WCC will provide you with a non-cotton, PEAK t-shirt.
- See below for full gear list.

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 in the dormitories, but the following other items may come in handy:

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.

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 Denver and Lander, we cover all the essentials during the time you will be with us: meals, park admission costs, etc. If, however, you wish to purchase souvenirs, or if you would like to have a drink or snack at WCC’s coffee shop 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 a student forgets his or her 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, and to do that we will require of you the same we require of our full-time students. We believe firmly that while technology is in itself very helpful for a great many things, certain technological devices greatly interfere with interpersonal communication within a small community, distract from effective study, and tend to offer temptations to waste a very precious and limited amount of time. For that reason, students at Wyoming Catholic College do not have private internet access, do not have televisions, and do not have 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 enable you to get the most out of your time here, we require that you leave the following items behind:

Mobile devices – While the College encourages students to travel to Lander with a mobile phone for safety and convenience, mobile phones must be checked in with the PEAK Counselors for the entire duration of the program. Phones will be returned upon your departure from Lander. If you wish to speak with family at home while you are here, the College provides land-line phones with free long distance in the dormitories.

Laptops – WCC students utilize laptops and computers for email, writing papers, or for watching movies in the dormitories. Since PEAK does not require papers and since there will be plenty of other 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.




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.




Gear List for the 4-day Backpacking Trip

Item	Description	Quantity	Buying Options
<p style="text-align: center;">Short Sleeve T-Shirt (Required)</p> 	<p style="text-align: center;">Wool or synthetics like polypropylene, capilene, nylon, polyester, etc. Synthetics will dry faster than wool but also retain body odor.</p> <p style="text-align: center;">NO COTTON!</p>	1	<p style="text-align: center;">Provided by WCC</p> <p style="text-align: center;">NO NEED TO BUY.</p>
<p style="text-align: center;">Long Sleeve T-shirt/Base layer (Required)</p> 	<p style="text-align: center;">Synthetic or wool; NO COTTON.</p> <p style="text-align: center;">Wal-Mart purchases OK.</p>	1	<p style="text-align: center;">NOT available from WCC</p> <p style="text-align: center;">Can be purchased from Wal-Mart or other sporting goods store</p>
<p style="text-align: center;">Mid-Weight Pullover (Required)</p> 	<p style="text-align: center;">Wool sweater or lightweight fleece.</p>	1	<p style="text-align: center;">NOT available from WCC</p> <p style="text-align: center;">Can be purchased from Wal-Mart or other sporting goods store</p>





Item	Description	Quantity	Buying Options
 <p>Insulating Jacket (Required)</p>	<p>Heavy fleece or puffy. Mountain Hardware, Outdoor Research, Patagonia, etc.</p>	<p>1</p>	<p>Free rental from WCC NO NEED TO BUY</p>
<p>Fleece Vest (Optional)</p> 	<p>A mid-weight fleece or synthetic vest Mountain Hardware, Outdoor Research, Patagonia, etc. Wal-Mart purchases OK.</p>	<p>0</p>	<p>NOT available from WCC. Can be purchased from Wal-Mart or other sporting goods store</p>
<p>Rain Jacket (Required)</p> 	<p>Must be waterproof and breathable (Not a plastic tarp-like jacket or rain poncho). Columbia, Adidas, Outdoor Research, Mountain Hardware, Frog Toggs, etc.</p>	<p>1</p>	<p>NOT available from WCC.</p>
<p>Underwear & Sports Bra (for Women)</p>	<p><i>Non-cotton</i> underwear & sports bra Any athletic brand; Wal-Mart purchases OK.</p>	<p>1 each</p>	<p>NOT available from WCC Can be purchased from Wal-Mart or other sporting goods store</p>



Item	Description	Quantity	Buying Options
<p data-bbox="285 275 581 344">Synthetic Hiking Pants (Required)</p> 	<p data-bbox="680 338 1036 443">Hiking pants (zip-off, convertible pants/shorts are handy); NO COTTON!</p> <p data-bbox="659 485 1057 516">Columbia, REI, Patagonia, etc.</p> <p data-bbox="696 558 1019 590">Wal-Mart purchases OK.</p>	<p data-bbox="1159 453 1175 485">1</p>	<p data-bbox="1284 354 1544 422">NOT available from WCC</p> <p data-bbox="1284 464 1544 600">Can be purchased from Wal-Mart or other sporting goods store</p>
<p data-bbox="310 726 553 795">Baselayer Bottoms (Required)</p> 	<p data-bbox="659 768 1057 915">Mid-weight long underwear bottoms made of synthetic, capilene, wool, or polypropylene; NO COTTON.</p> <p data-bbox="659 957 1057 1020">REI, Patagonia, Under Armor, etc.</p>	<p data-bbox="1159 884 1175 915">1</p>	<p data-bbox="1284 810 1544 877">NOT available from WCC</p> <p data-bbox="1284 919 1544 1056">Can be purchased from Wal-Mart or other sporting goods store</p>
<p data-bbox="305 1142 558 1211">Rain or Wind Pants (Recommended)</p> 	<p data-bbox="708 1283 1008 1356">Waterproof. Breathable preferred.</p> <p data-bbox="667 1398 1049 1430">See rain jacket brands, above.</p>	<p data-bbox="1159 1346 1175 1377">1</p>	<p data-bbox="1284 1339 1544 1407">NOT available from WCC.</p>




Item	Description	Quantity	Buying Options
<p>Hiking Socks (Required)</p> 	<p>Mid-weight wool or synthetic blend hiking socks; NO COTTON!</p> <p>Smart Wool, REI, Wigwam, etc.</p>	<p>3 pairs</p>	<p>NOT available from WCC</p>
<p>Warm Hat/Beanie (Required)</p> 	<p>Fleece or wool hat.</p> <p>NO COTTON.</p>	<p>1</p>	<p>Rental NOT available</p> <p>Can be purchased from Wal-Mart or other sporting goods store</p>
<p>Ball Cap/Visor/Sun Hat (Recommended)</p> 	<p>Sun in Wyoming can be intense. Hat will keep the sun off your face.</p>	<p>1</p>	<p>NOT available from WCC</p> <p>Can buy a WCC logo hat prior to gear issue or purchase at Wal-Mart or other sporting goods store</p>
<p>Lightweight Gloves (Required)</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>Can be purchased from Wal-Mart or other sporting goods store</p>


Item	Description	Quantity	Buying Options
<p>Hiking Boots (Required)</p> 	<p>Quality boots are required (Sneakers not permitted)</p> <p>Good mid-range boots (\$40–\$100) are available from places such as REI, Sierra Trading Post, etc...</p>	<p>1 pair</p>	<p>NOT available from WCC</p> <p>WALMART PURCHASES NOT RECOMMENDED</p>
<p>Camp Shoes (Required)</p> 	<p>Cros or similar compactable camp shoes are required (must be closed-toe). Lightweight sneakers OK.</p>	<p>1 pair</p>	<p>NOT available from WCC</p>
<p>Day-pack (Recommended)</p>	<p>A small backpack or bag to carry water, layers, and other supplies during short day hikes while keeping hands free.</p>	<p>1</p>	<p>NOT available from WCC.</p>
<p>Internal Frame Backpack (Required)</p> 	<p>Osprey, North Face, Deuter, etc.</p>	<p>1</p>	<p>FREE Rental from WCC</p> <p>NO NEED TO BUY</p>
<p><u>SLEEPING SYSTEM</u></p>			

Item	Description	Quantity	Buying Options
<p data-bbox="347 239 519 306">Sleeping Pad (Required)</p> 	<p data-bbox="672 411 1044 583">Full-length, closed-cell foam pad to insulate from the ground. Therm-a-rest (Ridgerest or Z-Rest) pads work the best.</p>	<p data-bbox="1159 485 1175 506">1</p>	<p data-bbox="1292 426 1536 493">FREE Rental from WCC</p> <p data-bbox="1279 537 1549 562">NO NEED TO BUY</p>
<p data-bbox="347 800 519 867">Sleeping Bag (Required)</p> 	<p data-bbox="656 842 1060 1129">Your sleeping bag should be a lightweight bag ranging from 0-20 degrees. It should be a down or synthetic mummy bag. Suggested bags come from Marmot, Mountain Hardware, Sierra Designs, REI, etc.</p>	<p data-bbox="1159 978 1175 999">1</p>	<p data-bbox="1292 915 1536 982">FREE Rental from WCC</p> <p data-bbox="1279 1026 1549 1052">NO NEED TO BUY</p>
<p data-bbox="667 1255 1122 1289"><u>MISCELLANEOUS ITEMS</u></p>			
<p data-bbox="363 1371 503 1438">Headlamp (Required)</p> 	<p data-bbox="656 1486 1060 1591">Should be lightweight and durable; an LED headlamp will last longer than a standard one</p>	<p data-bbox="1159 1528 1175 1549">1</p>	<p data-bbox="1284 1434 1549 1501">NOT available from WCC</p> <p data-bbox="1284 1545 1549 1682">Can be purchased from Wal-Mart or other sporting goods store</p>

Item	Description	Quantity	Buying Options
<p>Bandanas Optional</p> 	<p>Cotton is fine. Bandanas come in handy for cleaning, shade, signaling, etc.</p> <p>(A synthetic Buff® is also a nice option.)</p>	2	<p>NOT available from WCC</p> <p>Can be purchased from Wal-Mart or other sporting goods store</p>
<p>Sunglasses and retainer Optional</p> 	<p>Metal frames are not recommended.</p>	1	<p>NOT available from WCC</p>
<p>Wrist Watch Optional</p>	<p>An alarm and timer are helpful</p>	1	<p>NOT available from WCC</p>
<p>Notepad/Notebook and Pen Optional</p> 	<p>Small notepad and pen(s) for notes during lessons and Kairos. No 8.5"x11" notepads. 6x4 or 8x6 work well.</p>	1	<p>NOT available from WCC</p>
<p>Sun Block (Required)</p> 	<p>High altitude causes greater risk of sunburn</p>	1	<p>NOT available from WCC</p>

Item	Description	Quantity	Buying Options
<p>Toothbrush w/case (Required)</p> 	<p>Can be cut in half to increase portability</p> <p>Toothbrush cases are available from WCC</p>	1	<p>NOT available from WCC.</p>
<p>Hand Sanitizer</p> 	<p>For ease of portability and safety, WCC will provide hand sanitizer</p>	1	<p>Provided by WCC</p> <p>NO NEED TO BUY</p>
<p>Insect Repellent (Recommended)</p>	<p>High volumes of mosquitoes in the mountain in early summer make a personal insect repellent important; small size acceptable.</p> <p>Extra repellent for the group will be provided by WCC.</p>	1	<p>Personal one NOT available from WCC</p> <p>(can be purchased at local store)</p>
<p>Feminine Hygiene Products (Highly Recommended)</p>		Enough for 4-5 days	<p>NOT available from WCC</p>
<p>Bowl (Required)</p>	<p>Gladware or other plastic-ware with a sealable lid; screw-top recommended.</p>	1	<p>NOT available from WCC</p>

Item	Description	Quantity	Buying Options
<p data-bbox="349 239 516 306">Water Bottle (Required)</p> 	<p data-bbox="691 430 1023 497">Sturdy 32oz water bottle; Nalgene® recommended.</p>	<p data-bbox="1159 449 1179 474">2</p>	<p data-bbox="1292 302 1539 478">One is provided by WCC upon arrival (2nd one NOT available from WCC)</p> <p data-bbox="1333 520 1495 546">Colors vary.</p>
<p data-bbox="329 730 537 798">Spoon and Fork (Required)</p> 	<p data-bbox="670 835 1044 861">Lexan plastic spoon and fork</p>	<p data-bbox="1127 835 1211 861">1 each</p>	<p data-bbox="1295 783 1536 917">Available for PURCHASE from WCC; free rental NOT available</p>
<p data-bbox="334 1052 532 1119">Trekking Poles Optional</p> 	<p data-bbox="662 1165 1055 1304">Trekking poles make hiking easier on your body, help with stream crossings, switchbacks, etc.</p>	<p data-bbox="1133 1220 1208 1245">1 pair</p>	<p data-bbox="1300 1165 1531 1232">FREE rental from WCC</p> <p data-bbox="1279 1274 1549 1299">NO NEED TO BUY</p>
<p data-bbox="378 1478 488 1545">Camera Optional</p>	<p data-bbox="662 1478 1052 1545">Small and lightweight camera; NO camera phones</p>	<p data-bbox="1159 1499 1179 1524">1</p>	<p data-bbox="1284 1457 1547 1524">NOT available from WCC</p>

Item	Description	Quantity	Buying Options
<p data-bbox="354 237 513 310">Camp Chair Optional</p> 	<p data-bbox="656 474 1058 579">A Crazy Creek or Therm-a-rest chair is a luxury item to have; it will be extra weight to carry</p>	<p data-bbox="1159 510 1175 537">1</p>	<p data-bbox="1284 491 1544 558">NOT available from WCC</p>