



# PACKING LIST



You will be carrying everything you need for the trip in your backpack. It is important and necessary that you pack everything you need as minimally as possible. This is hard. You are limited by space in your pack and by the weight you are comfortable carrying. But we are here to help! This list is your guide to what you need and what options you have.

## PROVIDED GEAR

- Backpack** (you can bring your own if you want. At least 60 Liters)
- Sleeping Bag** (if you bring your own for the trail, must be rated to 20 degrees and pack small)
- Sleeping pad**                       **Stoves, cookware, food**                       **Emergency & Medical Supplies**
- Camp Chair**                               **Tents**     **Water filtration**

## CLOTHING - for all items, avoid cotton. Cotton holds moisture and will fail to keep you warm/comfortable

- Hiking Boots** - break them in or you will suffer blisters and be miserable. **Optional: Moleskin** to treat blisters.
- Shoes or close-heeled sandals** for base camp - Chacos, Texas, Crocs, old shoes, NOT flip-flops.
- Wool or Acrylic Socks** - 2 pairs, one for hiking one for base camp.
- Liner Socks** - optional, 1-2 pairs. Reduce the risk of blisters.
- Underwear** - 2-3 is enough.
- Shorts** - 1-2. Convertible pants (bottoms zip off) are an option.
- Long underwear pants** - borderline optional, but will help you stay warmer.
- Wool or Fleece Pants** - to stay warm at base camp.
- Rain pants** - optional.
- Non-cotton T-shirts** - 2. For hiking during the day.
- Lightweight long-sleeve layer and/or long underwear top.**
- Fleece/wool/down sweater or jacket** - light and packable, down is optional.
- Rain Jacket** - completely waterproof!
- Gloves/mittens and stocking hat** - nighttime is chilly
- Cap/wide-brim hat** - to block sun.

### LAYERS! LAYERS! LAYERS!

Daytime hiking temps will be warm and sunny, usually involve one afternoon rainstorm, and nights can get very cold. We need to be prepared for everything.

### SNACKS

You can/should bring some extra snack food for the trail. Granola, trail mix, fruit leather, and beef jerky are great options. Just remember, you're going to have to carry it.

## EQUIPMENT / OTHER SUPPLIES

- Cup & Spoon** - 16-20oz insulated plastic mug with lid and handle.
- Liter Water Bottles** - you need two. Nalgene style wide mouth is ideal. And wrap some **duct tape** around one.
- Water Bladder/Reservoir** - completely optional. Still bring at least one-liter sized water bottle.
- Sunglasses** - if you didn't know, the sun is bright. Protect your eyes. If you wear **glasses or contacts** bring appropriate supplies.
- Headlamp or flashlight** - make sure you put fresh batteries in! You may also want to pack one set of extra batteries.
- PBJ (Pens, Bible, Journal)** - do not pack a big study bible. Find the smallest most compact bible/journal and bring 2-3 pens.
- 3 Large Trash Bags** - These may be necessary for waterproofing everything in our packs.
- Camera** - optional. We do not allow phones on the trail.
- SUNSCREEN** - waterproof and **at least SPF 30**. You aren't trying to get a tan on this trip. Stay safe. Teams can share sunscreen.
- Bandana(s)** - 1 or 2. comes in handy for cleaning dishes. Or wear it to block sun on your neck (or to look cool!)
- Insect Repellent** - one heavy-duty brand is Jungle Juice (100% Deet). There are also deet-free options with varying effectiveness.
- Chapstick w/ SPF** - your lips will get destroyed without it.
- Gallon Ziplock Bags** - 2 or 3. Keep your stuff waterproof. Use as a trash bag to pack out trash.
- Wet Wipes** - optional. You can wipe with nature, but if you bring wipes remember: If you pack it in, you pack it out.
- Small Pillow** - optional. A bundled-up shirt or jacket works perfectly fine.
- Hiking Poles** - optional. You can find a hiking stick and look like Gandalf! But poles really cut down on fatigue.
- Gaiters** - optional. Keeps snow and rocks out of boots.
- Mosquito Face Net** - optional.