



PACKING LIST

While it may be helpful to invest in a few items, it is not necessary to go out and purchase everything. We recommend using what you have and borrowing the rest. If you need any assistance acquiring gear, we would love to help- just let us know!

GEAR:

- 55-65 LITER BACKPACK
- WARM SLEEPING BAG
- SLEEPING PAD
- TENT (PLEASE NOTIFY US IF YOU ARE WILLING TO BRING ONE)
- HEADLAMP (CHARGED)
- LIGHTWEIGHT BOWL/SPOON
- WATER BOTTLE/CAMELBAK WITH 64 OZ CARRYING CAPACITY
- FAVORITE SNACKS/BARS (1/DAY)

CLOTHING:

- STURDY FOOTWEAR (HIKING BOOTS OR TRAIL RUNNERS WITH SUPPORT)
- LIGHTWEIGHT CAMP SHOES (CHACOS, FLIP FLOPS)
- 1 PAIR OF LIGHTWEIGHT PANTS
- OPTIONAL WARM BOTTOM LAYER (LEGGINGS, LONG UNDERWEAR)
- 2-3 ATHLETIC T-SHIRTS*
- WARM TOP LAYERS (FLEECE, JACKET)
- RAIN/WIND JACKET
- UNDERWEAR FOR EACH DAY
- MODEST SWIMSUIT/SHORTS TO SWIM IN
- 2 PAIRS OF SOCKS*
- WARM HAT AND LIGHT GLOVES
- SUN HAT/BASEBALL CAP
- EXTRA CLOTHES FOR CAMP DAYS (SIMILAR TO HIKING- CLEAN, MODEST, ACTIVEWEAR)

**PLEASE ASK US
QUESTIONS!**

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*Cotton is not recommended to help manage moisture and body temperature. Additionally, tank tops are not recommended to avoid chafing from backpacks.



PACKING LIST CONTINUED

PERSONAL:

- COMPACT TOWEL
- TRAVEL TOOTH PASTE/BRUSH
- TRAVEL DEODORANT*
- SUNSCREEN
- BUGSPRAY
- HAND SANITIZER*
- CHAPSTICK*
- MEDICATIONS
- GLASSES/CONTACTS
- SUNGLASSES
- FEMININE HYGIENE PRODUCTS
- WET WIPES (OPTIONAL; WE WILL PROVIDE TOILET PAPER)
- HAIR TIES/BANDANAS/BUFFS

*Strong fragrances are not recommended.

**If a hammock is preferred to a tent, a lightweight tarp/rope is recommended in the event of rain.

OPTIONAL:

- TRAVEL PILLOW
- HAMMOCK**
- NOTEBOOK/PENCIL
- CAMERA***
- CAMP MUG
- SMALL BOOK OR CARDS
- MULTI-TOOL
- TREKKING POLES

DO NOT BRING:

- HEAVY ITEMS
- VALUABLE ITEMS
- FRAGRANCES
- CELLPHONES
- GAMING SYSTEMS
- WATCHES

***Cellphones are not permitted. Participants are allowed to use cameras or guides can share photos after the trip. Satellite phones/devices must be approved by guides.