

GAIA GIRLS PASSAGES BACKCOUNTRY IMMERSIONS

GEAR LIST

The Basics:

- Backpack (appropriately sized for length of trip)
- Daypack (optional, nice to have a backpack with detachable portion for this)
- Waterproof pack cover (optional: we'll have heavy duty trash bags in case of rain)
- Sleeping bag (40 degrees or lower depending on season and location)
- Stuff sack or compression sack
- Sleeping bag liner (optional, for extra warmth—can be as simple as a piece of soft fabric)
- Sleeping pad
- Pillow or stuffable pillow case (optional)
- Backpacking tent (if you already own one)
- Water bottles or hydration reservoirs (at least 2 L worth)
- Headlamp, with new or extra batteries
- Trekking Poles (optional, recommended for girls who are especially vulnerable to knee problems)

Clothing: Warm Weather

- T-shirts (2)
- Underwear (3-6 pairs)
- Quick-drying pants or shorts (1)
- Long-sleeve shirt (for sun, bugs) (1)
- Sun-shielding hat
- Bandana (1-2)
- Swimsuit

Note: synthetic or wool is preferable to cotton for backpacking, but considering there is little chance of rain, some cotton will be fine. For warmth, wool or synthetic is best!

Clothing: Cool Weather

- Warm layers, top + bottom (synthetic or wool)
- Rain jacket
- Warm jacket or vest
- Pants
- Fingerless gloves (optional)
- Warm hat

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Footwear:

- Hiking Boots (***)please wear these in well before the trip!!!)
- Hiking Socks (4-5 pairs)
- Sandals or comfy shoes (for in camp and after the backpacking portion of the trip)
- Warm wool socks (1-2 pairs)

Safety:

- Whistle (recommended)
- Compass (optional)

Food:

- Energy snacks (bars, chews, jerky, trail mix)*
- Electrolyte powder/tablets (optional)
- Plate (optional)
- Bowl
- Mug
- Utensils

** We will provide food, but feel free to include some extra snacks that your daughter enjoys*

Sun protection:

- Sunscreen
- Lip balm
- Hat
- Sunglasses (optional)

Fun stuff (optional except for *)

- Binoculars
- Relevant field guides (we'll have some)
- Journal *
- Pen/Pencil *

Toiletries:

- Toothbrush, toothpaste
- Insect repellent

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- Quick-dry towel or sarong (optional but very helpful)
- Menstrual products (if applicable)
- Face toillettes (optional, but nice)
- Plastic bag for trash
- Hand Sanitizer