

## **Gear**

### **Backpack**

Your pack needs to be fitted to your particular body. If you're borrowing, please ask the leader to check it out before you decide its okay. Its your home and your storage unit combined. It'll carry all your personal stuff and all your group stuff. For a trip of this length, you'll need a pack with a volume of 4-5,000 cubic inches, internal frame. Smaller bodies will have smaller volume packs and vice versa.

### **Stuff Sacks**

3 small to medium size (smaller than sleeping bag stuff sack) to organize clothes

2-3 small sacks/ziplock bags for personal gear OR 1 big "everything" bag for all the little things (headlamp, lip balm, sunscreen, toiletries, book, sunglasses etc)

1 waterproof compression sack for your sleeping bag

### **Sleeping bag**

Your bag will welcome you at night and give you comfort in the morning. It has to be rated to at least 20 degrees (which means you will be okay during a 20 degree night, not that you'll be happy). We have encountered freezing temperatures. Mummy bags are warmest. Don't forget the compression stuff sack to minimize the space the sleeping bag takes up when packed.

### **Sleeping Pad**

Your decision. Many choices. Consult your local outdoor gear geek. Its not just comfort its warmth as well. Worth the extra cost if you sleep cold.

## **Clothes FOLLOWING THE LAW OF ABC (anything but cotton)**

*Upper body*

### **Staying cool layers:**

Sports Bra/Sports Tank (2)

T-Shirt (2-3): Wicking short sleeve or sleeveless. Or substitute one long sleeve sun protection shirt for one t-shirt.

**Staying warm layers:**

Lightweight layer: (1) long-sleeve wicking shirt (100-200 weight)

Mid-weight layer: (1) mid-weight long-sleeve wicking fleece/sweater (at least 200 weight)

Warmest layer: (1) Fiberfill or down jacket with hood, ideally

Rain jacket: (1) Sturdy, waterproof, w/hood (Gore-Tex or other waterproof fabric required, NOT just a nylon wind breaker.

*Lower body*

Underwear: (2) wicking, may be used for swimming

Shorts or lightweight long pants: (2) Sturdy but quick-drying

Long johns: (1) 100-200 weight

Fleece pants: (1) 100-200 weight

Wind/Rain pant: (1) Waterproof

Socks: Wool or poly/wool blend (3)

Light wool/poly liners (2) (Please bring these even if you've never needed them before. Sometimes a longer hike takes its toll on feet and its good to have sock options)

NO COTTON - it retains moisture which will cause blisters.

**Boots**

You will need a sturdy mid-weight boot. The industry category you want is mid-weight backpacking boot. Above the ankles, leather and Gore-Tex uppers (GTX). Strong soles with good traction. Get them early (months ahead of time) and wear them often. A trip can be ruined by new boots and the blisters they can cause!

**Crocs/Sneakers**

One light pair of toe-covered shoes for wearing around camp.

Some folks like to carry an actual light trail shoe.

**Everything Else**

Warm fleece hat and fleece gloves

Baseball/Sun hat and bandanna; hair ties for long hair

Good sunglasses, extra glasses/contacts

Waterproof pack cover

Head Lamp-type flashlight—light weight; extra batteries

Sunscreen

Insect repellent

Toothbrush, comb, brush—all as small as possible. Leave anything home that you can. I bring group supply of bio-degradable soap. **No shampoo or deodorant or other scented body care items. They attract bears.**

Trekking poles are highly recommended.

Consider a lightweight portable phone charger.

**Eating and Drinking (Think efficient use of space; can one fit inside the other?)**

Insulated mug with lid

Plastic bowl (Tupperware works great; with or w/o lid)

Lexan/bamboo/strong plastic spoon

**Two water bottles;** 800 - 1000ml; or 27-32 oz water bottles. OK to substitute water 2-liter bladder for one bottle.