

**Packing List:**

- large duffel bag/backpack to hold everything except for sleeping bag/pad
- \* Flashlight or headlamp (with extra batteries)
- Modest (1pc) Swim Suit and Towel
- \* Sleeping Bag (compressible if backpacking)
- \* Sleeping pad
- 2pr long pants (jeans, sweats, etc)
- 2pr shorts
- 1pr thermal underwear, top and bottom (primarily for sleeping)
- 2pr thick warm socks (for sleeping)
- \* warm hat
- ball cap or brimmed hat for sun protection
- light gloves (gardening or running type)
- Long sleeve shirt (2)
- T-shirts (3 or 4)
- Sturdy shoes appropriate for hikes where there may be loose or sharp rocks
- Light Socks (3pr)
- Underwear (4 or 5 pr)
- \* Jacket(s) (insulated and windbreaking)
- \* Camp Chair (if flying in, we will provide)
- Toiletries (toothbrush, deodorant, toothpaste, feminine products) (we have soap/shampoo for shower day)
- \* Small daypack for day hikes
- \* If backpacking: (4) liters of water capacity (canteens or water bottles, disposable water bottles are fine, or water bladder style pack). If not backpacking, 1 Liter is fine.
- \* backpacking backpack
- drinking cup for hot beverages in camp (recommend insulated travel type cup with lid to keep in daypack)
- **spork or utensils (new addition)**
- Prescription medication, inhalers, etc (please notify trip coordinator on permission slip) We carry basic non-prescription pain killers and cough suppressants, throat lozenges, decongestants, etc)
- **Positive, flexible attitude!**
- **Adventurous Spirit!**

**What to Bring (Optional):**

- Spending money (optional for souvenirs/ snack at stops. No money is required for anything on the trip)
- Camera
- Pillow (optional; rolled up jacket is suitable for most :)
- Personal Tent (Please inform us if you plan to bring a tent and for whom – we have tents covered otherwise)
- Sunglasses and protective case
- Personal inflatable sleeping pad (we can supply foam sleeping pads)
- Second pair of light shoes or sandals for camp (highly recommended)
- bandana

**What NOT to Bring:**

- Valuables or things that you don't want to get dirty or dusty, or are easily damaged. Easy to lose / damage electronics
- Other bulky additional items (packing space is at a premium – overpacking can be as problematic as under-packing)

**\*\*In general, try to avoid cotton clothing. While not absolutely critical on this trip, synthetic or wool clothing insulates when wet, dries faster, and retains less odor than cotton.**

**\*\*Pack as though you may be sleeping in below freezing weather, and hiking in over 100 degree weather. And you just might be!**

Items marked with an \* indicate that we have some of this equipment to loan out for the trip. Please let trip coordinator know of any needs on the returned permission slip.

**PLEASE MARK ALL OF YOUR THINGS CLEARLY WITH YOUR NAME OR INITIALS.**