

WHAT TO BRING:

HEAD:

- ◊ **1 Warm Hat:** wool, fleece, or polypropylene.
- ◊ **1 Sun Hat:** baseball cap or wide-brim hat
- ◊ **1 Pair Sunglasses:** with a neck strap if possible.

UPPER BODY: Upper body clothing should consist of **three** insulating layers that will fit comfortably over each other plus a rainproof/windproof layer.

- ◊ **1 Lightweight Long Underwear Top:** polypropylene (100% polyester).
- ◊ **1 Warm Pullover or Sweater:** polyester, fleece, or wool.
- ◊ **1 Warm Fleece Jacket**
- ◊ **1 Waterproof Rain Jacket:** 100% waterproof, not water resistant! Must have a hood.
- ◊ **2 Short-Sleeve Tee-Shirts:** preferably synthetic but cotton is okay.
- ◊ **2 Bras (if worn):** jog/sport bras are generally preferred

LOWER BODY: Lower body clothing should consist of two insulating layers plus a durable wind/rain layer.

- ◊ **1 Pair Long Underwear Bottoms:** polypropylene (100% polyester).
- ◊ **1 Pair Synthetic Long Pants:** nylon-style hiking pants are great.
- ◊ **1-2 Pairs Shorts:** Lined, nylon athletic or running shorts work great. No jean cutoffs or cotton.
- ◊ **2-5 Pairs Underwear:** Cotton is okay.

FEET:

- ◊ **2 Pairs Lightweight Liner Socks (Optional):** Polypropylene (or polyester).
- ◊ **4 Pairs of Socks:** wool or synthetic.
- ◊ **1 Pair Light-Medium Weight Hiking Boots:** Boots should be well broken in with solid ankle support and good treads. If you are just buying boots, make sure to do some hiking in the boots well before the trip. These boots are critical to your being comfortable while backpacking.
- ◊ **1 Pair of Camp Shoes** – Lightweight sneakers or running shoes

MISCELLANEOUS CLOTHING:

- ◊ **1 Pair of Gloves:** lightweight fleece or polypropylene.
- ◊ **1-2 Bandanas:** cotton is ok.
- ◊ **1 Swimming Suit:** nylon blends are the best.

WHAT TO BRING (CONTINUED):

GEAR:

- **Synthetic Sleeping Bag (+30° or warmer):** avoid cotton-lined, down, or feather bags
- **Compression Stuff Sack:** to compress and store sleeping bag.
- **Sleeping Pad:** a three-quarter or full-length open or closed-cell foam pad.
- **Daypack/Book Backpack:** to carry your personal items for any day hiking.
- **1 Large Duffel bag:** try to bring all of your gear in ONE bag!
- **1 Large Internal-Framed Backpack:** 3500-4500 cubic inches (60-75L) with adjustable straps and hip belt.

PERSONAL ITEMS:

- **2 Water Bottles:** durable plastic, wide-mouthed, at least a quart or liter each (Nalgene-type is best)
- **Eating utensils:** one spoon, one plastic *bowl or Tupperware with lid, and one plastic mug.*
- **1 Headlamp:** with extra batteries.
- **3-4 Heavy Duty Trash Bags:** to keep clothes and sleeping bag dry.
- **2-3 Large Ziploc freezer bags:** to waterproof items.
- **1 Small Towel:** quick-dry synthetic pack towels are ideal, but a small cotton hand towel is fine.
- **Toilet Kit:** toothbrush, toothpaste, comb or brush.
- **Sunscreen and Lip Balm:** SPF 15 minimum.
- **Insect repellent:** small/personal size
- **2 pair Prescription eyewear:** *if necessary - don't forget your case, and saline/cleaning solution.*
- **Prescription Medications/Inhaler:** *Please give to instructor*
- **Tampons or Pads** if necessary

OPTIONAL ITEMS:

- **Camera:** waterproof disposables work great
- **Small Journal and Pen or Pencil**
- **Watch with alarm**