ADVENTURES
in good company

WONDER OF WALES: FROM CLIFFS TO VALLEYS PACKING LIST

FOOTWEAR

- ☐ **1** pair of lightweight mid-weight **hiking boots or shoes** (waterproof and broken in)
- ☐ **1** pair of comfortable **athletic shoes**, Keens, or Teva/Chaco sandals: for sightseeing, walking & general use
- ☐ **2-3** pairs of **hiking socks**: (wool or synthetic equivalent: Smartwool, Bridgedale, Darn Tough)

EQUIPMENT/ESSENTIALS:

- ☐ **Passport and a photocopy of your passport**
- ☐ **1** pair **trekking poles** (required)
- ☐ **1 daypack** (24-30 Liter)
- ☐ Capability to 'waterproof' your backpack. Either a **rain cover** or a heavy-duty plastic bag to line your pack.
- ☐ **2-3** Liter water capacity (if you are bringing a **hydration system**, you may also want a **water bottle** for daily use)
- ☐ **Sunglasses** (100% UV protection) w/retention strap
- ☐ **1-2 bandannas/buffs**
- ☐ **Sunscreen** and **lip protection**
- ☐ **Cell phone, charger/power bank, headphones**
- ☐ **Electric adaptor/converter plug** (Type G)
- ☐ **Ear plugs** (for a good night's sleep!)

CLOTHING

- ☐ **1-2** pairs of comfortable, synthetic **long or 3/4 pants** for hiking (zip offs work well)
- ☐ **1-2** pairs of **shorts or 3/4 pants** (lightweight and quick drying)
- ☐ **1-2** lightweight, **long-sleeved shirt** for sun/bug protection (button up front is the best)
- ☐ **2 - 3** synthetic or lightweight merino **wool T-shirts or short-sleeved shirts**
- ☐ **1** pair of **long underwear top and bottoms** (silk, wool, or synthetic equivalent)
- ☐ **2** lightweight or medium weight **wool/fleece jackets or pullovers** or synthetic equivalent
- ☐ **1 rain jacket and rain pants**/rain skirt: should be a waterproof/breathable fabric like Gore-tex
- ☐ **Underwear and nightwear**
- ☐ **1 wide brimmed or baseball style cap/hat** for protection from the sun/rain
- ☐ **1** pair wool, Capilene, or Polartec **gloves**
- ☐ **1** lightweight **wool or fleece hat** (a **buff** can also serve as a hat)
- ☐ **2-3** changes of **comfortable clothes** for casual wear (e.g. pants and/or skirt, with a couple of tops) try Toad & Co for sustainable options!

TOILETRIES (SMALL EVERYTHING)

- [ ] **Toothbrush** and **toothpaste**
- [ ] **Dental floss**
- [ ] **Hand sanitizer/wet wipes**
- [ ] **Shampoo & conditioner**
- [ ] **Personal items** (contact lens supplies, sanitary items, personal medications)
- [ ] **Personal first aid/patch kit:** Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, etc.

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

- [ ] **1 swimsuit** or quick-dry shorts and a sports bra/t-shirt

OPTIONAL

- [ ] **Camera** and film/memory card (extra batteries)
- [ ] **Pocketknife**
- [ ] **Insect repellent**
- [ ] **Short ankle gaiters**
- [ ] **Wristwatch/travel alarm clock**
- [ ] **Compact binoculars**
- [ ] **Book/Journal and pen**
- [ ] **Lightweight umbrella**
- [ ] **Small headlamp or flashlight**
- [ ] **Kula cloth**
- [ ] **Washcloth** (typically European linens do not include a washcloth)
- [ ] **2** pairs synthetic, lightweight **liner socks** (optional because not everyone uses sock liners)
- [ ] **Extra snacks** (snacks will also be provided)

ADVENTURES IN GOOD COMPANY'S packing list covers everything you need to ensure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs. If you're flying domestically within the U.S., be sure to bring a **REAL ID**. A valid passport is still required for all international travel.

PERSONAL FIRST AID KIT: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, a small roll of duct tape (always helpful!), and personal medications. The guides will have a first aid kit, but having what you know works well for you is a good idea.

DAYPACKS: Your daypack should be large enough to hold the following items: 2-3 liters of water, rain gear, lunch/snacks (for the day), sunscreen, a warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity between 24 – 30 Liters (1450 and 1840 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Before you leave home, check to be sure that it is comfortable to wear all day and has sufficient space for all of your items.

PACK COVER: These are waterproof/resistant, usually elasticized covers designed to go over your backpack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover, be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built-in pack covers. An alternative to purchasing a pack cover is to use a heavy-duty plastic bag to line your pack to protect the contents from rain – your pack, however, will get wet using this method.

FOOTWEAR: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes before your trip. For general hiking, lightweight or mid-weight Cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle surgery, get boots that come above the ankle - you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

CLOTHING: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your activewear! It should all be made from synthetic/synthetic blends, down/down blends, or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied-weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

RAIN GEAR: You will need a parka or jacket made of coated nylon or a waterproof/breathable fabric like Gore-tex, Hellytech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this necessary purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs. Partial or full-length leg zippers are helpful for easily putting your pants on over your boots.

HYDRATION: Being able to easily access your water without assistance so that you can drink frequently is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a hydration system such as Camelbak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

TREKKING POLES: Trekking poles are required for this trip. Trekking poles contribute to your safety by improving your balance and stability and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions: **Trekking Poles for Hiking Trips: The 4 Most Common Questions**

Be sure to check out the Adventures in Good Company Gear Guide—it's packed with great recommendations to help you gear up for your adventure!

Click **here** to view our recommendations!