

PACKING LIST – INTRODUCTION TO LIGHTWEIGHT BACKPACKING

FOOTWEAR

- ☐ 1 pair midweight hiking boots or shoes (Remember to waterproof your boots!)
- ☐ 1 pair lightweight camp shoes (lightweight sandals, clogs) to wear in camp.
- ☐ 2 pairs hiking socks: (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

CLOTHING (No cotton)

- ☐ 1 pair lightweight, synthetic hiking pants (zip-offs work well) or skirt
- ☐ 1 or 2 short sleeve technical tee-shirts
- ☐ 1 lightweight long-sleeved fleece or lightweight, long-sleeved wool shirt
- ☐ 1 pair lightweight, long underwear top and bottoms: silk, wool, or synthetic equivalent
- ☐ 1 wide-brimmed or baseball-style hat for protection from sun/rain
- ☐ 1 stocking cap, wool or fleece, or a buff
- ☐ 1 pair lightweight gloves: wool, Capilene, or Polartec
- ☐ 1 Synthetic “puffy” (down or poly) jacket
- ☐ 1 rain jacket AND rain pants: a waterproof/breathable fabric like Gore-tex.
- ☐ Underwear
- ☐ Change of clothes for last evening out/travel home

EQUIPMENT/ESSENTIALS

- ☐ 1 pair trekking poles (required)
- ☐ 1 backpack: 50-75 liter capacity
- ☐ 1 sleeping bag; synthetic fill or down fill, warm to 30 degrees F
- ☐ 1 lightweight sleeping pad, inflating OR closed cell foam, R-value 2-4
- ☐ Capacity to carry 2 - 3 liters of water (see Notes on Packing List)
- ☐ 1 heavy-duty, extra-large garbage bag AND 2 tall white kitchen trash bags
- ☐ 1 rain cover for your backpack
- ☐ 3 or 4 stuff sacks (can also be used as a pillow)
- ☐ Small headlamp with fresh batteries
- ☐ 2 bandannas
- ☐ Bowl, cup, and eating utensil (spoon/spork)
- ☐ Ear plugs (for a good night's sleep)
- ☐ Sunglasses (100% UV blocking)
- ☐ 3 quart-sized and 3 gallon-sized Ziploc bags
- ☐ Snacks you can't live without!

AGC supplies the sunscreen, TP, and insect repellent as part of the group gear unless you require something specific.

TOILETRIES (small everything)

- ☐ Toothbrush, toothpaste, dental floss, hand sanitizer, contact lens paraphernalia, sanitary supplies
- ☐ Lip protection with sunblock of at least SPF 15
- ☐ Personal first aid/patch kit (e.g., Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), KT tape, ibuprofen, any personal medications)
- ☐ Small personal hand sanitizer

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

Not required but recommended:

- ☐ Short gaiters - lightweight and breathable

___ Kula Cloth (microfiber antibacterial cloth used for after using the restroom). These can also be used as an alternative to a bandana and purchased in our [AGC store](#)!

OPTIONAL

___ Small journal and pen
___ Basic compass

___ Camera
___ SMALL, lightweight pocket knife

Notes on Packing List

Please note: If you are unfamiliar with any terms used to explain the equipment or clothing required for this trip or would like help with any item listed, please let us know. Detailed Information will be sent six months before your trip regarding equipment, what to look for and how to purchase. Please let us know if you need information on any item before that time.

Adventures in Good Company's packing list includes items to help you prepare for the various activities and conditions. It is not personalized, so please add the things you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

Backpack: You will need a backpack **between 50-75 liters capacity**. It is essential to have a backpack that fits correctly, as an ill-fitting pack can ruin your trip. While we understand wanting to borrow a pack, do not try to get by with someone else's pack that doesn't quite fit. Be sure to have your backpack fitted to you by your local outfitter, whether it is a new one you purchased for the trip or one you already have

Pack Cover: These are waterproof, elasticized covers designed to keep your backpack and contents dry in inclement weather. If you are purchasing a pack cover, take your pack with you or know the size. An alternative to buying a pack cover is to use a heavy-duty contractor bag to line your pack to protect the contents from rain.

Regarding organization/packing your backpack: Using several small stuff sacks (rather than one large) is a great way to organize your gear, clothing, and food. Compression sacks might come in handy for sleeping bags and clothing.

Footwear: Well-fitting, sturdy boots or trail shoes are 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 midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, 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.

Sleeping bag: Bring a sleeping bag with either down or synthetic insulation that is rated for at least 30°F. Other than temperature rating, weight and bulk are factors to consider in sleeping bags. Appropriate choices for the climate we will be backpacking include down, waterproof down, and synthetic.

Clothing: The clothing on the packing list has been chosen for your trip conditions. **NO COTTON** for your activewear! It should 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 provide better insulation than one thick layer. Adding or subtracting layers allows you to adjust the temperature.

Short gaiters: Gaiters can be useful for keeping your socks clean (reducing the chance of blisters), keeping debris out of your boots (another blister preventive measure), providing another barrier between you and poison ivy, and, most importantly --- if it rains they keep your socks dry and prevents wicking water down into your boots.

Rain Gear: You will need a 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 correctly. 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. The movement of your arms must not interfere with the hood. Put on your backpack; 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 (for example, can you crouch comfortably?). Partial or full-length leg zippers are helpful for quickly putting your pants on over your boots. An inexpensive plastic poncho will leak and tear easily and is inadequate. Many choices range from affordable (for example, Frog Togs/Ducs) to more expensive.

Hydration: Accessing your water without assistance is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another is to use a **HYDRATION SYSTEM** such as Camelbak, Platypus, and MSR bladder bags. These water bags have a hose attachment that you drink from and usually fit inside your backpack.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. The guides will have a first aid kit but having what you know works well for you is a good idea. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), KT tape, and remedies for respiratory ailments, stomach ailments, sore muscles, or joints.

Trekking Poles: 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 unfamiliar with trekking poles, [click here to read this blog post](#) addressing the most commonly asked questions.