PACKING LIST - HIKING COLORADO

FOOTWEAR
__ 1 pair of lightweight hiking boots
__ 1 pair of comfortable shoes for general use
__ 2-3 pairs of hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

CLOTHING
__ 1 - 2 pair of comfortable synthetic long pants (or 3/4) for hiking - zip-offs work well
__ 1 pair of shorts (or 3/4) – lightweight and quick drying
__ 1 lightweight, light-colored, long-sleeved shirt to protect you from the sun
__ 2 - 3 synthetic or lightweight merino wool T-shirts or short-sleeved shirts
__ 1 lightweight long-sleeved shirt for sun/bug protection – button up front is the best
__ 1 lightweight fleece/down jacket/vest
__ 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent
__ 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent
__ 1 warm fleece/down jacket/vest
__ 1 rain jacket and rain pants: coated nylon or a waterproof/breathable fabric like Gore-tex.
__ Underwear/nightwear
__ a warm wool or fleece hat
__ 1 pair wool, capilene, or fleece gloves
__ 1 wide-brimmed hat for protection from the sun
__ 1 Swimsuit (the Y has a pool)
__ 1 – 2 changes of casual clothes to wear at end of day

ESSENTIALS
__ 1 daypack (see notes on packing list for recommended capacity)
__ Trekking poles (required)
__ Sunglasses (100% UV protection) with case and retention strap
__ Tupperware (or equivalent) sandwich box for carrying your lunch
__ Small headlamp or flashlight
__ Capacity to carry 3 quarts of water: 1 one-quart water bottle and a 2 liter hydration system that fits in your pack is ideal
__ Your favorite snack (snacks will be provided- though it’s nice to have what you’re familiar with and like)
__ Ear plugs (for a good night’s sleep!)

TOILETRIES (small everything)
__ Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
__ Sunscreen and lip protection with sunblock of at least SPF 15
__ Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications.

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.

OPTIONAL
__ Bandana or buff (very multi-useful)
__ Camera (extra battery or charger) and film/memory card
__ Book, notebook, journal, pencil/pen
__ Wrist watch/travel alarm clock
NOTES ON PACKING

Adventures in Good Company's packing list covers everything you need to assure 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.

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 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.

Daypacks: Your daypack should be large enough to hold the following items: 1 liter of water, rain gear, lunch/snacks (for the day), sun screen, 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 of between 24 - 30 Liters (1450 - 1850 cubic inches) with a hip belt, padded shoulder straps, and ‘lifters’. Line your daypack with a durable plastic bag to keep your belongings dry and/or have an elasticized pack cover that fits snuggly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of the items listed above. Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.

Clothing: All clothing for active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. NO COTTON for your active wear. The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. 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.

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.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important 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 (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

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, or similar, a small role of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

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: