

# PACKING LIST – WILDFLOWER AND WATERFALLS: EXPLORING THE GREAT SMOKIES

## FOOTWEAR

- 1 pair of hiking boots: boots need to come over the ankle and be well broken in and comfortable.
- 1 pair of comfortable athletic shoes, Keens, or Teva/Chaco sandals: for sightseeing and walking
- 1 pair of water shoes for rafting (If you are OK with your walking shoes getting wet, these can be used for rafting)
- 3 pairs of hiking socks: wool or synthetic equivalent (Thorlo, Ultimax, or Smartwool)

## CLOTHING

- 1-2 pairs of synthetic/nylon long pants for hiking. Zip offs work well.
- 1 lightweight, light-colored, long-sleeved shirt to protect you from the sun (button up front is a good choice)
- 3 T-shirts or short-sleeved shirts (two should be a synthetic or lightweight wool and the third can be cotton)
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, or polypropylene)
- 1 midweight top – wool or synthetic. (A wool or fleece vest also works well for this layer)
- 1 fleece jacket
- 1 rain jacket and pants - See 'Notes on Packing List' for details
- Underwear/nightwear
- Swimsuit (for the hot tub!)
- 1 lightweight pair gloves - Wool, Capilene, or Polartec gloves are best
- 1 lightweight warm hat or buff (can be used as a hat)
- 1 wide-brimmed hat with a strap that will keep it on your head
- Comfortable, casual clothes to wear around the cabin and out to dinner.

## TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia, and sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid kit and personal medications - See 'Notes on Packing List' for details
- Personal medications, if any. Individuals allergic to insect bites must bring an anaphylactic kit. Please consult your pharmacist.

**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**

## ESSENTIALS

- Sunglasses (100% UV protection)
- Insect repellent
- Croakies or other sunglasses retainer
- 1 daypack large enough to hold your supplies for the day - See 'Notes on Packing List' for details
- 1 pack cover or plan to line your backpack with a large trash bag to make it waterproof
- Capacity to carry 2 quarts of water - See 'Notes on Packing List' for details
- Trekking poles (recommended)
- Bandanna (for multiple uses)
- Plastic container for sandwich

## OPTIONAL

- Camera (extra battery) and film/memory card
- Book, notebook, journal, pencil/pen
- Binoculars
- Zip lock baggies for camera and other things
- 1 pair of shorts: quick-drying nylon for rafting
- Your favorite snack
- Playing cards, games
- Wrist watch with an alarm or travel clock
- Neoprene socks or water shoes (for rafting)
- 1 headlamp or small flashlight

## NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that 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!**

**Daypacks:** Your daypack should be large enough to hold the following items: 1 – 2 liters 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 1800 and 2400 cubic inches with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly 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 your items. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.**

**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.

**Personal First Aid Kit:** Bring a small first aid kit with familiar medicine and first aid supplies you might need, ESPECIALLY blister or foot remedies like moleskin, Compeed, blister bandages, or similar. A small roll of duct tape is always useful. The amount and kind you bring will depend on your tendency to blister but many people get blisters on hiking tours. Other suggestions: remedies for respiratory ailments? Stomach ailments? Sore muscles or joints? The guides will have a first aid kit too, but having what you know works well for you is a good idea.

**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 active wear! 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 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.

**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. These 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 recommended 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:

<http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions>