

## Wilderness TREK Hiking Packing List:

### Headwear:

- \_\_\_ 1 baseball cap or sun visor
- \_\_\_ 1 fleece ski hat
- \_\_\_ 1 headlamp (w/ extra batteries!)
- \_\_\_ 1 pair of sunglasses

### Upper body clothing:

- \_\_\_ 1 polypropylene or woolen long underwear top base layer (cotton is not acceptable!)
- \_\_\_ 2 t-shirts (polypropylene is preferred!)
- \_\_\_ 1 fleece jacket (sweatshirts and other cotton items are not acceptable!)
- \_\_\_ 1 light nylon windbreaker jacket (this is a good anti-mosquito layer)
- \_\_\_ 1 waterproof rain jacket (breathable preferred, no ponchos!)

### Lower body clothing:

- \_\_\_ 1 polypropylene or woolen long underwear bottom base layer (cotton is not acceptable!)
- \_\_\_ 2-3 pairs of underwear
- \_\_\_ 2 pair of nylon hiking shorts
- \_\_\_ 1 pair of wool or fleece pants
- \_\_\_ 1 pair of waterproof rain pants (breathable preferred)

### Footwear:

- \_\_\_ 3 pairs of wool hiking socks (or polymix)
- \_\_\_ 1 pair of hiking boots (above-the-ankle, waterproof, AND WELL BROKEN IN!!!)
- \_\_\_ 1 pair of sneakers or TEVA type sandals (to wear in camp)

### Equipment:

- \_\_\_ 1 backpack w/ padded hip belt (65L preferred)
- \_\_\_ 1 sleeping bag (mummy style rated to 30 degree or lower)
- \_\_\_ 1 foam sleeping pad (Ensolite, Thermarest, or Ridge Rest)
- \_\_\_ 2 one-liter water bottles (BPA free!)
- \_\_\_ 1 thermal mug
- \_\_\_ 1 bowl
- \_\_\_ 1 spoon or spork
- \_\_\_ 1 small pocket knife or Leatherman® tool
- \_\_\_ 3 large garbage bags (to waterproof clothing and sleeping bag)
- \_\_\_ 2 cotton bandannas
- \_\_\_ Toiletries (toothbrush, paste, brush, sunscreen, lip balm; NO soap or shampoo!)

Optional:

Crazy creek chair, camelbak®, gaiters, camera, book, personal journal, Frisbee, waterproof pack cover, hacky sack, or woolen gloves

\*\*\*If you wear contact lenses you MUST ALSO bring a pair of glasses\*\*\*