

PACKING GUIDE

Gear —

It is important that if you bring your own gear, you know that all of your items fit into your pack and you are capable of carrying the weight. Most packs loaded with all gear, clothing, food and water will weigh anywhere between 25-35 lbs.

*If you do not have some or all of these items, I offer rental gear.

- Backpack
- Sleeping bag & sleeping pad
- Tent/shelter
- Trekking poles
- Camp stove & fuel
- Camp pot
- Spork or eating utensil(s)
- Water filter
- Headlamp

Footwear

Footwear is of utmost importance. Knowing that your footwear is comfortable and will not cause blisters cannot be stressed enough. Please hike/walk in your footwear you plan to use for your trip to ensure you will not get blisters. Blisters and foot pain can really impact your experience, so use what works best for your feet.

- 2-3 pairs of socks. 1-2 pairs of socks to hike in and a clean and dry pair for sleeping. Merino wool is best for regulating temperature and also dry quickly.
 - Darn Tough, Smartwool and REI have many options.

Clothing

- Rain gear even if rain is not initially called for
 - In warmer weather, this could be a cheap plastic poncho or a rain jacket
 - In cooler weather, rain gear provides safety from hypothermia
 - Having a reliable rain jacket and rain pants is key to enjoying the hike in less than ideal weather
 - Frogg Toggs offers dependable rain gear at a reasonable price
- Clothing that is comfortable, moisture wicking and quick drying. Do not wear cotton as it is not moisture wicking or quick drying
 - Synthetic or wool leggings, lightweight trail pants, or running shorts depending on expected weather.
 - Synthetic or wool long sleeve or short sleeve tops
- For cooler evenings and mornings, a fleece zip up is a good lightweight and warm layer
- A lightweight puffy down or synthetic jacket is good for when temperatures dip below 50
- A knit beanie or hat and gloves for colder weather
- Sun protection:
 - Hat
 - Sun hoodie
 - Small travel size bottle of sunscreen
 - Sunglasses
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Toiletries

- A “bathroom” kit. You will be going pee and poop in the woods. Having a small ziplock baggie of wipes (usually 2-4 wipes per day) and another ziplock baggie labeled “dirty” for used wipes is recommended. Packing out your dirty wipes and trash is an important practice to keep our natural spaces clean and beautiful.
- Medications that you take regularly. Any over the counter medication you take regularly.

Food & Drink

- 2 liters of water unless specified otherwise in your trip description
 - Filled Nalgene bottles or store bought liter bottles of water.
- Electrolyte packets to mix into water will help with hydration, are recommended
 - LMNT and Liquid IV are two types I have used and liked.
- Backpacking meals.
 - These are meals that you just add cold or heated water, let sit, and then enjoy out of the bag making cleanup easy
 - Readily available for purchase at REI or Amazon, such as Mountain House, Backpacker’s Pantry, or Peak Refuel.
- Breakfast, an instant oat packet or two is great, but you can also purchase backpacking meals for breakfast.
- Snacks that have protein and carbohydrates to keep you fueled throughout the day.
 - Things like granola bars, dried fruit, nuts, or other snacks you might want to eat on trail
 - It is important to eat about 150-200 calories every 2 hours while hiking.
- Instant coffee, tea or hot cocoa to have in the mornings or evenings
- Bring a metal tumbler with a lid for coffee, tea or hot cocoa.

Other

- Cell service can be spotty depending on location. I recommend hiking with your phone off or on airplane mode to save battery. There are portable batteries you can bring to charge your device if need be.
- Journal, book, and pen. Keep in mind the weight.

Any questions,

follow.the.sun.expeditions@gmail.com