



Stock/Combo Gear list

Please note that you will be limited to 20 POUNDS of personal gear to be carried by the stock on stock assisted days. This includes the weight of your tent, sleeping bag, and sleeping pad. We are strict about the weight limit because we bring as few pack animals as possible to minimize our impact to the landscape. Plan on using your backpack sucked down to carry your gear on these days. When we leave the stock to go backpacking you will be able to leave a small amount of gear with the packer.

The list below is everything we recommend for the trip. The items you should carry with you on the stock assisted segments are boxed in on the right. We will provide duffle bags for your personal items when they are being packed by the stock or left with the packer. Please leave your tent, sleeping bag and pad separate as it makes it easier to for the packer to make into loads. You will need to use your backpack as your hiking pack for the whole trip, please **DO NOT** bring a separate daypack

Try to reduce your pack weight by seeking a lighter alternative and doubling up on applications – for example a coat can be used as a pillow. Ideally your pack should weigh less than 45lbs. Leave room for the food and community gear, which will add about 10lbs. We'll help you check your gear before the trip and weigh packs. You will also be able to look over the food you will be carrying on the backpack and add/subtract items. Please remember to let us know if you have any dietary needs.

*We will provide camp chairs

CLOTHING – Quick dry fabrics preferred; the exception is the cotton t-shirt. Our temperatures can range from 60 – 90F during the days, 50 – 70F during the evening and 30 – 50F at night. Afternoon thunderstorms are common.

- Undergarments 2-3 pair (*wash'em on the trail*)
- Long underwear top and bottom (NO COTTON)
- 2 T-Shirts
- Light weight pull over or jacket (NO COTTON)
- Mid weight pullover or jacket (NO COTTON)
- Insulating layer, like a down or synthetic jacket (*mornings and evenings can be COLD also makes a great pillow*)
- Rain gear—BOTH top and bottom
- Hiking pants
- Shorts (*optional*)
- 2-3 pairs of socks (NO COTTON)
- Sock liners (*optional*)
- Warm hat and gloves
- Bandana/scarf that can get wet
- Hat with brim
- Sunscreen
- Sunglasses
- Toiletries
- Any medication you may need during the trip
- Blister-care/1st Aid (*Guides carry complete 1st Aid kits too*)
 - Rx, pain reliever, antihistamine, antacid & anti-diarrhea tabs, bandaids, antiseptic, blister protection – anything you think you might need
- Headlamp (*new batteries or bring spares*)
- Two water bottles/Camelback (*bring enough containers to hold at least 64 oz. of water. Have at least one wide-mouth bottle to make it easier to fill up at streams*)
- Water filtration method **

Of the items on the gear list, what should I carry when we are assisted by the stock?

- Rain gear – *BOTH top and bottom, every day*
- Hat and gloves – *every day*
- Light-weight pull over
- Water bottles/Camelback – *at least 64oz.*
- Water filtration method**
- Lunch and snacks – *provided*
- Sunscreen, sunhat, sunglasses
- Sandals/Crocs (*if needed for stream crossings that day*)
- Bandana - *that can get wet to cool yourself or wrap around your neck for warmth*
- Any blister care/1st aid products you may need
- A small stash of toilet paper
- Camera and/or Binoculars
- Pack cover. *We have ones you can borrow.*



- Hiking Boots or shoes (*absolutely broken in. Blisters are our #1 reason for evacuation*)
- Gaiters (*optional and weather dependent*)
- Sandals/Camp shoes (*make sure you have something for stream crossings*)
- Hiking poles (*available for rent - we strongly encourage you to use a set for backpacking*)
- Backpack (*available for rent*)
- Pack Cover (*available for use, just ask*)
- Tent—If you are coming with another person, consider sharing a tent (*available for rent*)
- Sleeping bag (*rated to 20F - available for rent. We recommend you use a waterproof, compressible stuff sack*)
- Sleeping pad (*available for rent*)
- Stuff sacks. Waterproof, lightweight variety. *One for sleeping bag definitely, and a spare to keep other essentials dry in case we hit some weather. We also recommend bringing a few plastic bags/ziplocks to keep items isolated in case of wet weather*
- Pocketknife
- Insect Repellent — (*We recommend Deet. We don't usually need this, but good to have. Just a little squirt on your hat or sleeve*)
- Plastic Bowl. A Tupperware from home works just fine
- Spoon
- Cup. Non-metal so you don't burn yourself
- Toilet paper in a ziplock, with matches. You don't need much
- Pac Towel and small biodegradable camp soap for body and clothing. Always wash away from streams
- Daily Facial cleansing clothes (*we can burn these before we break camp*)
- Small bottle of hand sanitizer
- Collapsible Bucket for washing. Some use an extra waterproof stuff sack. Keep soapy water away from streams
- Ziplock or other bag for your trash
- Fishing tackle (*optional and not appropriate for all trips so please ask*)
- Camera and/or binoculars (*optional*)
- A small book or journal (*optional*)

We will provide Aquamira drops for sale or loan for water purification along the trail, but if you prefer a different method, feel free to bring it along. If you are buying a product especially for this trip, we recommend the Steri-pen Adventurer Opti. For more info about backcountry water treatment, view the **“Water Treatment” PDF on our website.

