Gear List

Please note that you will be limited to 20 POUNDS of personal gear to be carried by the stock. 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. You will also be carrying a daypack when you hike. What you bring in this pack is not included in the 20 pounds. *We will provide camp chairs.

CLOTHING – Quick dry fabrics preferred. 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 T-Shirts
- Long underwear top and bottom (NO COTTON)
- Light weight pull over or vest (NO COTTON)
- Mid weight pullover or jacket (NO COTTON)
- Light weight down or synthetic jacket (optional – good for June and September trips)
- Rain gear—BOTH top and bottom, every day
- A pair of hiking pants
- A pair of shorts (optional)
- 3 - 4 pairs of socks (NO COTTON)
- Warm hat and gloves
- Bandana/scarf that can get wet
- Sunhat
- Sunscreen
- Sunglasses
- Any medication you may need during the trip
- Blister-care/1st Aid (Guides carry complete 1st Aid Kits too)

Of the items on the gear list, what should I carry in my daypack?

- 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
- Hand Sanitizer
- Any blister care/1st aid products you may need
- A small stash of toilet paper
- A sit-upon *(optional)*
- Camera and/or Binoculars (optional)
- Pack cover. *We have ones you can borrow.*

- Toiletries (baby wipes are a nice addition). We bring toilet paper for camp but not for the trail.
- A small bottle of Hand Sanitizer
- Headlamp (New batteries or bring extras)
- Two water bottles/Camelback (enough to hold at least 64 oz. of water). If you use a Camelback-like system, we recommend bringing at least one water bottle too to make on-the-go filtration easier.
- Waterproof stuff sack or plastic bag for isolating wet/dry items
- Water filtration method **
- Hiking Boots or shoes (MUST be broken in. Blisters = our #1 medical issue)
- Gaiters (optional)
- Sandals/Camp shoes (something appropriate for stream crossings)
- Hiking poles (available for rent)
- Small backpack for day use (available for rent)
- Tent—Consider sharing tent if coming with someone else (available for rent)
- Sleeping bag (available for rent)
- Sleeping pad (available for rent)
- Camera and/or binoculars (optional)
- A small book or journal (optional)
- A sit upon - *a small foam or insulated pad for more comfortable seating on the trail* (optional)

Packing for Trips:

-We recommend using a waterproof compressible stuff sack for your sleeping bag.

-Keep personal items separate from tent/sleeping bag/pad. It makes it easier for us to make loads

- We will provide a duffel bag for personal items if you need one. Sea to Summit makes great light weight dry bags that are good for packing gear as well.

** We will provide Aquamira drops for water purification along the trail, but if you prefer a different method, feel free to bring it along. To reduce use on the group water filtration system, we prefer you treat your own water. For more info about backcountry water treatment, view the "**Water Treatment"** PDF on our website.