Stock/Backpack Combo Gear list

Please note that the stock will carry your tent, sleeping bag, sleeping bag and small amount of personal gear on days they are with us. No more than 20 pounds.

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. Try to double up on applications – for example, a down jacket can double as a pillow. Ideally your pack should weigh between 35 - 40 pounds during the backpacking portion of the trip. The food and community gear – about 10 pounds -- is part of that weight so keep this in mind when you are packing.

*We will provide camp chairs

GEAR (available for rent):

- Backpack, with waterproof pack cover. You'll need at least a 65 liter pack that can comfortable carry 35 – 45 pounds.
- Tent, with ground cloth cut to size or footprint.
- Sleeping bag rated to 20 F. Down is lighter than polyfil and compresses better. We recommend packing sleeping bag in a compressible dry bag.
- Sleeping pad. Lots of different varieties. Some options: Thermorests ,which are a bit heavier but more hardy. Big Agnes, ExPed, or REI inflatable pads, which are very lightweight and comfy, but take some time to inflate (and can pop on rocky ground). The Z-rest. It is light and hardy, but it's bulky.

CLOTHING

*Quick-dry fabrics preferred.. This list includes the clothes you'll be wearing. Our temperatures range from 60F to 90F during the days, 50 – 70F evenings, and 30 – 50F at night.

- Boots. Medium-weight recommended, broken in but not broken down. With your pack weight reduced you can forego the heavy boots of yore, and your feet will appreciate it. Since you will be 40 lbs heavier than usual, get boots that are half a size larger. Also your feet expand when they're warm. Gore-tex lined boots can be hot, which results in blisters. However, if you have and love Gore-tex boots, use them. Also, get SuperFeet, SOLE insoles, or something similar. They're a lot more comfortable than the cheesy cardboard ones that come with the boots.
- Closed toe running shoes, sturdy sandals, or crocs for wading streams. You'll need stability as well as griping treads for crossing rocky stream bottoms while carrying a heavy pack. You'll also use these around camp.
- 3-4 pairs of wool or quick-dry blend socks. Liner socks optional. Wash 'em out en route.
- Pair of long pants, or zip-offs (which takes care of the hiking shorts too).
- Pair of hiking shorts if you like to hike in them.
- T-shirts. 2 are sufficient.

- Underwear. 3 sets are all you need. Wash 'em out.
- Long-johns. Polypro, capilene, or wool. Top & bottom.
- Long sleeved wool sweater or fleece. Last is lightest.
- Lightweight down jacket (or the synthetic equivalent).
- Rain Jacket AND Rain pants. A poncho won't work here. When it rains, it's windy too.
- Gaiters. Essential for rainy hiking.
- Lightweight wool or polypro gloves.
- Hat with a brim.
- Warm skull cap for those nippy mornings.

ACCESSORIES

* Some of these items we can share (notated with a # sign); we can discuss these items the evening before the trip.

- Trekking poles. We recommend the 2-pole method. They're great for stream crossings, and they save your knees for future treks. ***(Available for rent)***
- Stuff sacks. Sea to Summit makes waterproof virtually weightless stuff sacks. Color-coded for size. 13-liter and 4-liter ones are most useful. Better than a pack cover for really keeping your sleeping bag and clothing dry in a deluge.
- 1 extra gal-size ziplock and 1 large garbage bag for isolating wet things.
- Crazy Creek or some other light camp chair for comfort in camp. **We provide these – if you want to take one along on backpacking portion, you are welcome to take one of ours.**
- Compressible camp pillow. ***(optional)***
- Headlamp. Bring one set of spare batteries.
- Bowl and lid. **We provide these, but bring your own if you like.**
- Spoon. **We provide these, but bring your own if you like.**
- Cup. **We provide these, but bring your own if you like.**
- 2 Water bottles. One should be a wide mouth liter bottle to make filling water easier. The second can be a collapsible one, but preferably still a liter in size. Some days we will be traveling where water is scare, so you should have the ability to carry 64 oz. of water. Camelbacks are fine if you are used to using them, but not recommended if you are looking to buy something. If you use the Camelback, make sure you have another container to make filling en-route easier.
- Toilet paper **(for backpacking portion only – we will provide it when with stock).** A ½ roll should suffice.
- Small bottle of waterless hand sanitizer. Excellent for hurried hygiene.

- Small towel (or bandana) and small biodegradable camp soap for body and clothing. You still have to use it away from the streams. Which leads us to the next item. . .
- Small collapsible bucket- ideal for laundry & bathing. Keeps your soapy water out of the stream. Some folks use an extra stuff sack.
- Baby wipes and/or facial cleansing wipes. These are weightless, pre-soaped, and great for hygiene. They do not biodegrade, so we have to pack them out or burn them. *(optional)*
- Toothbrush, floss & toothpaste.
- Sun block & chapstick with sun block.
- Sun glasses.
- Trowel. If you have one, but we bring two or three in the group gear as well. #
- Pocketknife
- Camera. *(optional)*
- Insect repellent. Small bottle of Deet works great. *(optional)*
- 50' light rope to hang food so the bears won't get it, or for laundry. Not everyone needs to carry this. We will distribute the night before trip. #
- Fishing tackle. Ask before you bring to make sure we will have ample opportunity. *(optional)*
- Water purification. We provide Aquamira drops for loan for water purification along the trail, but if you prefer a different method, feel free to bring it along. For more info about backcountry water treatment, view the "Water Treatment" PDF on our website.
- Reading material. Lightweight. Fun to swap. May also serve as fire starter in wet weather.
- Binoculars. *(optional)* #

FIRST AID KIT

*Two of the guides will also be carrying complete first aid kits, so you can keep yours to the essentials.

- prescriptions
- pain reliever like ibuprophen or acetaminophen
- antihistamine
- antacid & anti-diarrhea tabs
- bandaids, antiseptic
- blister protection care products (A MUST!!!)