



\* Please see "Additional Information on Equipment" for details about each item listed  
The following items are **REQUIRED**:

### Head

- Wool/fleece hat
- Sunglasses for glare from snow
- Baseball cap or other warm-weather hat
- Mosquito headnet (mandatory)

### Upper Body

- 1 rain jacket (100% waterproof)
- 2 heavy fleece jacket or pullovers (NOT cotton!)
- 2 long underwear thermal tops made out of synthetic or wool materials (not cotton)
- 1 long-sleeved cotton shirt
- 5-6 t-shirts or comfortable shirts (cotton is okay)
- 2 short-sleeved thermal tops made out of synthetic or wool materials (not cotton)
- 4-5 sports bras
- 1 clean outfit for your return trip.
- 1 pair waterproof gloves or mittens
- 1 pair fleece or wool gloves (NOT cotton!)

### Feet

- 5 pair wool or synthetic socks for hiking (no cotton)
- 4 pair comfortable socks
- 1 pair hiking boots (broken in before trip)
- 1 pair water sandals with a heel strap
- 1 pair of running or tennis shoes

### Lower Body

- 1 pair rain pants (waterproof)
- 2 pair nylon pants ("zip-off" pants are ideal)
- 1 pair comfortable pants to wear at camp
- 1 pair long underwear thermal bottoms made out of synthetic or wool materials (not cotton)
- 5 pairs shorts – at least 3 pair should be nylon shorts that will dry quickly if they get wet
- 7 pair underwear (use your best judgment)
- 2 swim suits (sports bras and water shorts are ideal)

### Other Required Items:

- 1 day pack / book bag
- Headlamp ( LED is the best option )
- 3 quart-sized water bottles OR 2 quart-sized water bottles and a 70+oz hydration bladder
- Toiletries
- 3-5 nylon stuff sacks to organize your gear
- 1 laundry bag & quick-drying chamois/pack towel
- Extra pair of glasses or contacts if you wear them. Bring a strap to keep your glasses on.
- Bring cash for an occasional personal item and for airport food. Don't forget about airline baggage fees and unaccompanied minor fees! \$50 beyond baggage charges is plenty.

The following items are optional, provided by Adventure Treks, or not allowed:

### Optional Items:

- Pajama pants or sweatpants
- Camera and film
- Sunscreen/ lip balm (SPF 15 or higher)
- Insect repellent (small container)
- Zinc oxide
- 3 Mixed CDs (for van rides only – with appropriate language please!)
- Paper, pens, stamps, envelopes, addresses
- Small journal to remember your best summer ever
- "Flair!" (See Additional Info on Equipment)
- Trekking Poles
- Crazy Creek chair or similar brand (not a folding chair)
- Gaiters (See Additional Info on Equipment)

### We will provide:

- Tent, cup, bowl, spoon, stoves, pots and pans, etc
- IF REQUESTED: Backpack, sleeping bag and sleeping pad (see Additional Information)

### Items to be left at home:

Please do not under any circumstances bring any video-type games, radios, DVD players, pagers/beepers, weapons, fireworks, firearms, pocket knives, tobacco products, alcohol, illegal drugs, non-prescription drugs, or food (which includes gum and mints). Please leave all valuables at home. You will not need any jewelry, make-up, or fancy clothing.

**\*Space is limited. Please pack in a SOFT duffel bag without wheels.**

**\*Please see "Additional Information on Equipment" for details about each item listed here, plus recommendations on brands and pricing.**