

## Gear

Our camping and hiking trips include all pro-quality gear, meals required for your adventure. This includes tents, sleeping bags, sleeping pads, cooking supplies, trekking poles, bear cannister and day-packs and/or backpacks.

We are happy to accommodate food allergies and most dietary restrictions. Please include your preferences in your Registration Form so that we can prepare accordingly.

You are responsible for bringing the following items for your trek. This list includes what you will be wearing the first day of the trip. Consider bringing a change of clothes to leave in our vehicle should you wish to change at the end of your trek.

- 3-4 liters of initial water in bladder set (bladder should be 3 liters with hose & mouthpiece) as well as some type of smaller water bottles
- Sunglasses
- Wide-brimmed hat
- Lightweight, quick-dry towel
- Compact toiletry/personal items kit/baby wipes
- Personal medical supplies (prescription meds, supplements, etc.)
- Hiking shoes or boots (be sure to break-in before trip)
- Sports sandals or water shoes
- 6 pair synthetic or synthetic-wool blend socks
- 2-3 pair of hiking shorts and/or long pants that zip off to shorts
- Sleeping bag liner
- Sturdy Plastic Plate & Utensils
- Snacks (3-4 calorie/energy rich snacks per day)

- 3 - 5 changes of underwear (recommend non-cotton, breathable, quick-dry)
- 3 - 5 short-sleeved shirts (breathable, hiking shirts recommended)
- Sleepwear
- Quality headlamp with red light option
- Rain poncho and/or other rain gear (jacket with hood, nylon shell, rain pants, etc.)
- Back up pair of glasses or contacts
- Camera
- Cash for souvenirs, personal expenses, and guide gratuity (suggested gratuity is industry average, 5-15% of total trek cost)
- At least 1-2 zip lock or "dry" bags of appropriate size for what you want to keep dry when in water/rain
- Paperback book and/or journal if desired
- Sunscreen and SPF lip balm
- Bio-degradable soap
- Personal First aid (for basic cuts and scrapes)
- Personal Hygiene Items

If traveling in cooler months, add:

- Fleece jacket
- Gloves
- Wool hat/warm beanie cap
- Long underwear layers
- Long sleeved shirt
- Clothes to layer

We will transfer your belongings into a backpack we supply. You carry the backpack, camping gear and a share of the food so your pack will weigh approximately 35-37 pounds. Bring only essentials!