

LODGE-TO-LODGE ON THE SUPERIOR HIKING TRAIL

Adventures in Good Company's suggested packing list

FOOTWEAR

- __ 1 pair lightweight hiking boots (Gore-tex, cordura, or leather). They should fit comfortably, without constriction, when you are wearing one liner sock and one heavy-weight sock.
- __ 1 pair athletic shoes or Teva sandals for wearing after hiking
- __ 2 pair thin liner socks: silk or synthetic equivalent (optional, some women prefer not to wear them)
- __ 2-3 pair thick socks: wool or synthetic equivalent (Coolmax, Thorlo, Smartwool, etc)

CLOTHING

- __ 1 pair comfortable, lightweight, synthetic hiking pants (Supplex, or nylon/polyester/spandex blend)
- __ 1 pair comfortable pants to wear around the lodge and for casual restaurants
- __ 1 long-sleeved, lightweight shirt for protection from sun while hiking
- __ 1-2 long-sleeved shirts to wear around the lodge
- __ 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, or polypropylene)
- __ 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent ("expedition weight" Capilene, Smartwool, or microfleece) A fleece/wool vest is a good option for this layer.
- __ 1 fleece jacket
- __ 1 pair shorts (optional with zip-off nylon pants)
- __ 2-3 T-shirts (Light colors are suggested. Cotton is OK but synthetics are much better.)
- __ 1 wide-brimmed hat for protection from sun
- __ 1 wool or fleece hat
- __ 1 pair wool or fleece gloves
- __ 1 rain parka and rain pants: should be a **waterproof**/breathable fabric like Gore-tex.
- __ underwear/ nightwear
- __ swimsuit

EQUIPMENT

- __ 1 daypack: large enough to hold water, lunch, raingear, camera, snacks, and sunscreen (2100-3480cu. in.). Please line your daypack with a durable plastic bag. A padded hipbelt will make it much more comfortable

ESSENTIALS

- __ sunglasses (100% UV blocking) with retention strap
- __ 1-2 bandannas
- __ sunscreen and lip block with SPF of at least 15
- __ fresh clothes for the trip home
- __ 2 liter water capacity
- __ trekking poles (highly recommended)

TOILETRIES (small everything)

- __ toothbrush, small toothpaste, trial-size biodegradable soap and shampoo, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia, glasses
- __ personal "patch kit": bandaids, Compeed or Spenco 2nd skin and moleskin, foot powder, ibuprofen, personal medications, if any. **Individuals allergic to insect stings must bring an epi-pen.** Please consult your physician and tell your guide.

OPTIONAL

- __ camera and film
- __ pocket knife
- __ your favorite book
- __ headlamp or flashlight
- __ your favorite snack (Adventures in Good Company will also provide group snacks throughout the day)
- __ compact binoculars
- __ journal and pen
- __ compass

While you will not need to carry your luggage any great distance, we will be loading and unloading the vans and it is more convenient if your luggage is moderately sized.