

WILDFLOWERS and WATERFALLS
Exploring the great Smokies
Adventures in Good Company's suggested packing list

FOOTWEAR

- 1 pair of hiking boots: boots need to come over the ankle and be well broken in and comfortable.
- 2 pair of comfortable athletic shoes (or Teva sandals): 1 for sightseeing and walking and the other a pair that you don't mind getting wet (1 pair of sandals may work for both, although athletic shoes will provide more mobility and protection on the raft trip)
- 3 pairs of hiking socks

CLOTHING

- 2 pairs of comfortable long pants
- 2 pairs of shorts: one should be a quick-drying nylon for rafting/hiking
- 1 lightweight, light-colored, long-sleeved shirt to protect you from the sun
- 3 T-shirts or short-sleeved shirts (two should be a cotton/lycra blend or a synthetic such as a polyester which is quick-drying and the third can be cotton)
- 1 pair lightweight long underwear top and bottoms: silk or synthetic equivalent (Capilene, Thermastat, MTS, Polartec, or polypropylene),
- 1 fleece jacket, wool sweater or sweatshirt
- 1 rain jacket and pants (must be waterproof)
- 1 lightweight, windproof jacket—your rain jacket may work for this.
- Underwear/nightwear
- Swimsuit
- 1 pair wool, Capilene, or Polartec gloves and a warm wool or fleece hat
- 1 wide-brimmed hat with a strap that will keep it on your head
- 1 skirt (optional, some women prefer to wear a skirt when going out to dinner)

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia, and sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- personal "patch kit": Band-Aids, 1 safety pin, moleskin, molefoam, cloth athletic tape, ibuprofen, personal medications, if any. Individuals allergic to insect bites must bring an anaphylactic kit. Please consult your pharmacist.

ESSENTIALS

- Sunglasses (100% UV protection)
- Bandanna(s)
- Croakies or other sunglasses retainer
- 1 daypack large enough to hold your supplies for the day (water, snacks, sunscreen, insect repellent, raingear, fleece jacket, wool hat and gloves, personal patch kit, etc.). Should be lined with a garbage bag.
- capacity to carry 2 quarts of water: 2 one-quart water bottles, water in plastic bottles that you buy in a grocery store, or a hydration system that fits in your pack
- trekking poles (can be rented at local outfitter)
- insect repellent

OPTIONAL

- Camera (extra battery) and film
- Book, notebook, journal, pencil/pen
- Binoculars
- zip lock baggies for camera and other things
- Your favorite snack
- Playing cards, games
- wrist watch with an alarm or travel clock

Enjoy your trip to the Great Smokies!!!