

SPRINGTIME IN THE LAND OF ENCHANTMENT

Adventures in Good Company's suggested packing list

In choosing clothing items, consider that for your warmer clothes, wool or synthetic materials are better than cotton as they still hold your heat when wet. Temperatures are typically in the high 60s to high 70s during the day, while it may still be chilly at night. And while rain is unusual this time of year, we should be prepared for all variables. We recommend packing your clothing in a soft-sided suitcase or duffel bag to make transport easier. For extra purchases made in New Mexico, we recommend bringing an additional small duffel bag for your return trip. Pack at least one small carry-on bag with the "bare essentials" for the first night. Please call us if you have any questions about any of the items on this list.

FOOTWEAR

- 1 pair of lightweight hiking boots: boots need to be well broken in and comfortable.
- 1 pair of comfortable athletic shoes (or Teva sandals) for sightseeing, walking, and historical explorations
- 3 pairs of socks (1 should be wool/synthetic)

CLOTHING

- 1-2 pairs of comfortable long pants
- 2 pairs of shorts: one could be a quick-drying nylon for rafting/hiking
- 1 lightweight, light-colored, long-sleeved shirt to protect you from the sun
- 2-3 T-shirts or short-sleeved shirts (two cotton and the third could be a cotton/lycra blend or a synthetic such as a polyester which is quick-drying)
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Smartwool, MTS, or polypropylene),
- 1 warm jacket, fleece jacket, wool sweater, or sweatshirt
- 1 rain parka
- 1 lightweight, windproof jacket—your rain jacket may work for this.
- Underwear / nightwear
- Swimsuit (for the hot tub and rafting; nylon shorts can substitute for this)
- 1 wide-brimmed hat for sun and high fashion!
- 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, moleskin or molefoam, cloth athletic tape, ibuprofen, personal medications, if any. Individuals allergic to insect bites must bring an anaphylactic kit. Please consult your doctor.

ESSENTIALS

- Sunglasses (100% UV protection)
- Bandanna(s)
- 1 daypack large enough to hold your supplies for the day (water, snacks, raingear, etc.)
- 1 one-quart water bottle (wide-mouthed)
- Camera (extra battery) and film (not really essential but New Mexico is gorgeous)

OPTIONAL

- Your favorite snack (we will also provide snacks during the day)
- Book, notebook, journal, pencil/pen
- Binoculars
- Ear plugs (for a good night's sleep!)
- Playing cards
- wrist watch with an alarm or travel clock
- hiking poles

Enjoy your trip in the Southwest!!!