

## PACKING LIST – LAKE TAHOE WELLNESS ON THE WATER

The weather in June in Tahoe is typically pleasant, but can have the occasional chilly day or night. Lows are rarely below 54, and highs rarely exceed 85.

### FOOTWEAR:

- 1 pair Teva/Chaco sandals, river shoes, or dive booties for paddleboarding and kayaking.
- 1 Pair of lightweight to midweight hiking boots with good ankle support
- 1 Pair of comfortable shoes for general use
- 2 - 3 pair light hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough, etc.)

### CLOTHING

- 2 pairs of shorts (Quick drying nylon is recommended)
- 1 Pair of comfortable supplex/nylon long pants for hiking (Zip-offs work well)
- 2 synthetic or lightweight merino wool T-shirts or short-sleeved shirts
- 1 lightweight short- or long-sleeved shirts (a surfing shirt, called a “rash guard” is great for paddleboarding and kayaking)
  - 1 Lightweight, long-sleeved shirt for sun/bug protection (button up front works well)
- 1 lightweight rain jacket with hood and rain pants - **waterproof**/breathable fabric like Gore-Tex. "Water resistant" rainwear is **not** recommended
- 1 Warm fleece/down jacket or pullover
- 1 Pair light wool, Capilene, or Polartec gloves
- 1 Warm wool or fleece hat and 1 Pair light gloves depending on weather forecast
- 1 wide-brimmed hat, for rain, sun (a string tied to the hat will keep the wind from blowing it away)
- underwear, running bras, sleepwear
- 1-2 bathing suits (nylon shorts and a running bra also work as swimwear)
- 1 change of clothes for yoga practice – leggings or loose/stretchy pants, and a yoga top that won't fall over your head if you go upside-down
- 1-2 changes of casual clothes to wear at end of day
- 1 small pack towel

### EQUIPMENT/ESSENTIALS

- 1 Daypack (see notes on packing list for recommended capacity)
- Capability to ‘waterproof’ your backpack - Either a rain cover or a heavy-duty plastic bag to line your pack
- 1 Hydration system or water bottles for hiking days (total capacity 2 Liters)
- 1 Water bottle (32oz) for kayak days
- Ear plugs (for a good night's sleep!)
- Sunglasses (100% UV protection) w/retention strap
- Tupperware container for sandwich
- Small headlamp or flashlight
- 1 bandana or buff

### TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications

**Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen.** Please consult your physician and tell your guide.

### OPTIONAL PERSONAL GEAR (if you want it, bring it – personal preference and not required for the trip)

- Binoculars
- Book, notebook, journal, pencil/pen
- Camera (extra battery) and film/memory card
- Waterproof camera bag
- 1 Pair trekking poles (recommended)
- Your favorite snack
- Gloves for paddling - optional (bike gloves work well)
- Wristwatch/travel alarm clock

## NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and down stairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

**Daypacks:** Your daypack should be large enough to hold the following items: 2 liters of water, rain gear, lunch/snacks (for the day), sunscreen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 24 - 30 Liters (1450 - 1850 cubic inches) inches with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry and/or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.**

**Clothing:** The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your activewear (with the exception of your yoga clothes)! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity..

**WATERPROOF BAGS:** If you choose to bring waterproof bags for your small day pack, several companies make vinyl bags with good closures (Sea to Summit, Phoenix, Outdoor Research, Cascade Designs). Wide-mouthed plastic jars are good for first aid supplies and the like. Ziploc bags are handy for many uses.

**Rain Gear:** You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

**Hydration:** Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

**Trekking Poles:** Trekking poles are recommended for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, [click here to read this blog post](#) that addresses the most commonly asked questions.