



# ADVENTURES

IN GOOD COMPANY

## ALPINE BACKPACKING IN THE SNOWY MOUNTAINS PACKING LIST

### REQUIRED PERSONAL PROTECTIVE EQUIPMENT

- Masks (one per day, can be bandannas/buffs/cloth face masks etc. To be worn during transports)
- Small personal hand sanitizer bottle (70 % alcohol base)
- Disposable gloves (one pair per day, in case of local requirements for entering gas stations/grocery stores)

### FOOTWEAR

- 1 pair hiking boots. They should be midweight, waterproofed, well broken-in, and fit comfortably with socks on
- 1 pair lightweight athletic shoes or sandals to wear around camp
- 3 pairs hiking socks: wool or synthetic equivalent (Smartwool, Thorlo, Darn Tough)

### CLOTHING

- 1 pair comfortable, lightweight, synthetic hiking pants/zip-offs (Supplex or nylon, polyester or spandex blend)
- 1 pair light to midweight long underwear top and bottoms: silk, wool or synthetic equivalent
- 1 mediumweight top layer: wool shirt / pull-over or synthetic equivalent (e.g. expedition weight capilene)
- 1 heavyweight top: wool sweater or synthetic equivalent (fleece or pile jacket)
- 1 down or synthetic puffy jacket, especially if you tend to get chilly
- 1 pair of shorts: lightweight and quick drying
- 1-2 synthetic t-shirts, NOT cotton
- 1 wide-brimmed hat or baseball cap for sun, rain and high fashion
- 1 wool or fleece hat
- 1 pair lightweight to medium weight gloves: wool, Capilene, or Polartec
- 1 rain jacket AND rain pants: a waterproof/breathable fabric like Gore-tex with partial or full-length zippers are great for easily putting your pants over your shoes or boots
- 1-2 changes of casual clothes to wear at the beginning & end of the trip
- Underwear and sports bra
- Swimsuit (for the last night at the hot springs)

### EQUIPMENT/ ESSENTIALS

- 1 pair Trekking poles (required)
- 1 backpack: internal frame, at least 65-liter capacity OR external frame, at least 68-liter capacity
- 1 sleeping bag; synthetic fill or down fill, warm to 20 degrees Fahrenheit
- 1 lightweight sleeping pad: "closed cell" foam pad or self-inflating pad by Therm-a-rest®, Big Agnus, Sea to Summit, REI or other similar brands
- 3-4 stuff sacks and/or Ziploc bags for organizing your gear in your pack
- Capacity to carry 2-3 liters of water (See Notes on Packing List)
- 2 heavy-duty, extra-large garbage bags to line your backpack and sleeping bag stuff-sack
- 1 waterproof cover for your backpack
- Headlamp with extra batteries
- Bowl, utensils, and cup/mug
- Sunglasses (100% UV blocking)
- Favorite hiking snack & electrolytes (e.g. Nuun tablets)
- 2 bandannas (in addition to masks)
- Sunscreen and lip block with at least 30 SPF
- Pocket knife or multitool



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## TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, trial-size biodegradable soap, small bottle of hand sanitizer or moist towelettes, contact lens paraphernalia, glasses, sanitary supplies and a zip-lock bag
- Personal first aid/patch kit: Band-Aids, 1 safety pin, moleskin or similar, compeed (or blister bandages), first aid tape, ibuprofen, and 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:

- Short gaiters
- Compression sacks for your sleeping bag and clothing
- Small journal and pen
- Compass & map of area
- 2 pairs thin liner socks
- Compact binoculars and/or fishing pole
- 1 ground cloth: 4' x 8' to protect your bag from ground moisture if you choose to sleep outside tent, under the stars
- Earplugs (for a good night's sleep)
- Camera and memory card
- Emergency kit: matches, bivy sack, paracord, etc.
- Backpacking towel: light, quick-drying, super-absorbent
- Water bottle for in camp, if using a hydration system

## 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 downstairs. 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!**

**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.

**Backpack:** You will want either an internal frame backpack with at least a 65-liter capacity OR an external frame with at least a 68-liter capacity. It is essential to have a backpack that fits correctly, as an ill-fitting pack can ruin your trip. While we understand wanting to borrow a pack, do not try to get by with someone else's pack that doesn't quite fit. Be sure to have your backpack fitted to you by your local outfitter whether it is a new one you purchase for the trip or one that you already have. Need help deciding on a backpack? Ask for our information guide on buying a backpack.

**Pack Cover:** These are waterproof and fitted rain covers designed to go over your backpack and keep both the pack and its contents dry in case of inclement weather. An alternative to purchasing a pack cover is to use a heavy-duty, plastic bag to line your pack to protect the contents, but not the pack, from rain.

**Footwear:** Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.



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**Sleeping bag:** Bring a sleeping bag with down or synthetic insulation rated to 20°F. Weight and bulk are some of the factors to consider in sleeping bags. Down bags are lightweight and compact, but they need to be kept dry in order to keep you warm. Synthetic bags are sometimes heavier and bulkier, but they still keep you warm if they are wet and dry more quickly than down. Consider packing your sleeping bag in a waterproof, compression stuff sack to save space and keep it dry.

**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 active wear! 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.

**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 and fits 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. Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs. 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 adequate.

**Personal First Aid Kit:** Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include blister or foot remedies like moleskin or similar, a small roll of duct tape, remedies for respiratory and stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

**Trekking Poles:** Trekking poles are **required** 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.