

PACKING LIST – ARIZONA SONORAN DESERT SAMPLER

FOOTWEAR

- 1 pair of lightweight hiking shoes or boots - boots need to be well broken in and comfortable
- 1 pair of comfortable shoes for general use
- 1 pair of comfortable sandals (brands such as Teva, Chaco, Keen, recommended)
- 3-4 pairs of socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

CLOTHING

- 1-2 pairs of lightweight & quick-drying pants for hiking –zip-offs or roll up work well (NO JEANS)
- 1-2 pairs of lightweight shorts
- 1 synthetic or lightweight long-sleeved shirts or blouses
- 1 lightweight long-sleeved shirt for sun protection - button up front is best
- 2-3 synthetic or cotton t-shirts, short-sleeved shirts and/or tank tops
- 1 lightweight sweater or sweatshirt
- 1 lightweight rain jacket or waterproof windbreaker
- Underwear and bras (comfortable sports bras recommended)
- Sleepwear
- 1 buff or bandana
- 1 swimsuit and a coverup (optional if you want to use the swimming pool and hot tub)
- 1 hat or baseball cap for sun protection
- 1 – 2 changes of comfortable clothes to wear around the ranch, out to dinner, and on travel days (e.g. jeans, pants, shorts and/or skirt, with a couple of tops)

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, deodorant, shampoo & conditioner, contact lens and supplies and/or prescription glasses, sanitary supplies, hairbrush, nail clippers, lotion, razor, Q-tips, cotton balls, hand wipes
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/patch kit - Band-Aids, antibiotic ointment, 1 safety pin, a small roll of duct tape (wrap around a pencil), moleskin, blister bandages, pain reliever, *any prescription and preferred over-the-counter 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.

EQUIPMENT/ESSENTIALS

- 1 daypack large enough to hold your supplies for the day (water, snacks, sunscreen, raingear, personal patch kit, etc.)
- 1 pair Trekking poles (strongly recommended/required)
- Capacity to carry 2 liters of water (See Notes on Packing List)
- Sunglasses (100% UV protection) w/retention strap
- Small headlamp or flashlight
- Phone and phone charger
- Plastic sandwich box (i.e. a reusable square plastic container)
- Wallet, ID, at least 1 major credit card, and emergency cash
- Your favorite snacks, energy bars, energy powder or Nunn tabs, etc.

OPTIONAL

- Small, quick drying travel towel
- Book, notebook, journal, pencil/pen
- Binoculars
- Ear plugs and sleep mask (for a good night's sleep!)
- Watch/travel alarm clock
- Purse or small bag for dinners out
- Camera (extra battery or charger) and film/memory card
- Headphones

NOTES ON PACKING LIST

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, light layer (long sleeve button down), personal first aid kit, and personal items such as camera, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches with a hip belt and comfortable shoulder straps. 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.

Footwear: Well-fitting, sturdy boots 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 trekking, lightweight trail shoes or boots 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. You can read more tips on buying boots at our blog post [by clicking here](#).

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, 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.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. We recommend synthetic or synthetic blends for your active wear, not cotton. 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: This is the desert and although the chance of rain this time of year is low, we recommend a lightweight waterproof and/or windproof layer. If it does rain, it will most likely be an afternoon shower. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. 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 on the outside of your daypack. 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.