

PACKING LIST – DEATH VALLEY AND JOSHUA TREE

FOOTWEAR

- 1 pair of lightweight hiking shoes/boots: boots need to be well broken in and comfortable
- 2-3 pairs of hiking socks (some people also like to wear liner socks)
- 1 pair of comfortable shoes: athletic shoes, Teva sandals, or crocs for 'after hiking'

CLOTHING

- 1 pair of comfortable long pants for hiking. Zip-offs work well
- 1 pair of shorts
- 1-2 lightweight, light-colored, long-sleeved shirt to protect you from the sun
- 2-3 synthetic T-shirts or short-sleeved shirts
- 1 medium weight fleece jacket or sweatshirt
- 1 rain jacket or poncho: coated nylon or a waterproof/breathable fabric like Gore-tex
- 1 pair rain or lightweight shell pants for windy/rainy days (optional but recommended)
- Underwear/nightwear
- Swimsuit (optional, if you want to use the swimming pool)
- 1 wide-brimmed hat for protection from the sun
- 1 – 2 changes of comfortable clothes to wear around the hotels and out to dinner (e.g. pants, shorts and/or skirt, with a couple of tops)
- 1 pair lightweight gloves
- 1 lightweight wool or fleece hat

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal "patch kit" and medications, 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.

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)
- Sunglasses (100% UV protection)
- Capacity to carry 2 quarts of water: 2 one-quart water bottles or a hydration system that fits in your pack
- Plastic sandwich box (i.e. a reusable square plastic container)
- Croakies or other sunglasses retainer

OPTIONAL

- Bandanna (very multi-useful)
- Camera (extra battery or charger) and film/memory card
- Book, notebook, journal, pencil/pen
- Binoculars
- Ear plugs (for a good night's sleep!)
- Wrist watch/travel alarm clock

NOTES ON PACKING

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs

Daypacks: Your daypack should be large enough to hold the following items: 2 liters of water, rain gear, lunch/snacks (for the day), sun screen, warm layer (fleece pullover or vest), 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, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, 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.

Footwear: Well-fitting, sturdy boots/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 trekking, lightweight cordura or leather boots work well. Leather boots may be waterproofed in various simple ways, and cordura boots will be waterproof if they are lined with Gore-Tex. If you have weak ankles or are recovering from an ankle injury, get leather boots or good quality cordura ones 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.

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. 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. 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? Lastly, the wind/rain pants. They 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, read this blog post that addresses the most commonly asked questions:

<http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions>