



ADVENTURES

IN GOOD COMPANY

GUATEMALA: VOLCANOES, LAKES AND CULTURE PACKING LIST

FOOTWEAR

- 1 pair light-to-mid-weight hiking boots or sturdy trail running shoes that are well broken in
- 1 pair comfortable shoes (athletic shoes, sport sandals, crocs) for lodges and after hiking
- 3 - 4 pair hiking socks: wool or synthetic equivalent (Thorlo, Smartwool, Darn Tough, etc.)

CLOTHING

- 2 pair of comfortable synthetic long (3/4) pants for hiking (zip-offs work well)
- 1 pair shorts/capris or hiking skirt (lightweight and quick drying. Shorts may be unnecessary if you bring zip-off pants)
- 2 - 3 synthetic or lightweight merino wool T-shirts or short-sleeved
- 1-2 lightweight long sleeve shirts with UPF. Button up front is recommended for one
- 1 lightweight long underwear top: silk, wool, or synthetic (polyester)
- 1 medium weight long underwear top: wool or synthetic
- 1 lightweight/midweight/warm fleece/down jacket or pullover
- 1 warm down or synthetic-fill jacket (to wear in the evenings at high altitude—must fit over other layers)
- 1 rain jacket and rain pants: a waterproof/breathable fabric like Gore-tex. Be sure your your rain layers fit over your warm layers
- 1 pair warm fleece/wool mittens or gloves
- 1 warm wool/fleece hat
- 1 buff (good for a lightweight hat and if trails are dusty)
- 1 wide brimmed or baseball style hat for protection from the sun/rain
- underwear, sports bra (all quick drying)
- swimsuit (for the hot tub)
- 1 – 2 changes of comfortable clothes to wear around the hotels and out to dinner

EQUIPMENT/ ESSENTIALS

- 1 daypack (see notes on packing list for details and recommended capacity)
- 1 pair of trekking poles (required)
- 1 rain Cover for your pack
- Passport and a Xeroxed copy of passport
- Insect repellent
- Sunscreen and lip block with SPF of at least 30. Chapstick inside your nasal passages helps with dryness
- Sunglasses (100% UV blocking w/ retention strap)
- 2 liter water carrying capacity (water bottle /hydration system). If you have a hydration system, also bring a small water bottle for drinking while riding in the van and visiting cultural sites.
- Favorite snacks (store bought/pre packaged or else it may not make it through customs)



ADVENTURES

IN GOOD COMPANY

TOILETRIES (small travel size for everything)

__ toothbrush, toothpaste, shampoo, dental floss, moist towelettes, sanitary supplies (consider a reusable non plastic menstrual cup to cut down on trash/waste) and a zip-lock plastic bag, contact lens paraphernalia.

__ small personal "patch kit": bandaids, 1 safety pin, blister bandaids and moleskin, foot powder, ibuprofen, imodium, pepto, personal medications.

__ Ask your physician about bringing altitude medication (like Diamox). If you decide to bring some, try taking a small dose at home first to know how it affects you

__ Motion sickness meds if curvy roads make you carsick

****Individuals with a history or potential of having severe allergic reactions must bring an Epi-Pen!****

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

__ small journal and pen, book

__ Benadryl for bug bites

__ aftersun lotion or aloe

__ headlamp or small flashlight

__ ear plugs (for a good night sleep)

__ ziplock bags (multiuse)

__ camera and film/memory card and extra batteries/charger

__ short gaiters (helps keep dirt and rocks out of your shoes while hiking)

__ electrolyte supplement to add to water occasionally (Ex: Powdered Gatorade)

NOTES ON PACKING

The Adventures in Good Company's packing list covers what we have found to be essential for your safety and comfort for this particular trip. Although we will be staying indoors every night, you may be tempted to skimp on the warm clothes. Please don't. It is essential that you have warm clothing and raingear to stay warm in case of inclement weather. The temperatures can vary significantly, depending on the elevation. It can get into the 30's at night and be in the 70's during the day. This is normally the dry season, but it can rain (or snow!). You may not use everything you bring, however, you need to come prepared for all possible weather conditions. During the trek, your bags are carried by the Trek Truck and will meet us every night.

Daypack: Your daypack should be large enough to hold the following items: 2 liters of water, rain gear (jacket and pants), snacks for the day, sun screen, 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 1800 and 2400 cubic inches with a hip belt, padded shoulder straps, and 'load lifters'. 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.

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.



ADVENTURES

IN GOOD COMPANY

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. We recommend a 2 Liter size. We also recommend a one liter water bottle for drinking while in the van.

Personal First Aid Kit: Small first aid kit with familiar medicine you might need for personal use, ESPECIALLY blister or foot remedies like toe tubes, moleskin (not molefoam), gelskin, blister bandages or similar. The amount and kind you bring will depend on your tendency to blister.

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. Please do not bring cotton clothing for hiking – it is not adequate for keeping you warm, especially when wet.

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, 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>.

Pack Cover: These are waterproof/resistant, usually elasticized covers designed to go over your backpack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built in pack covers. An alternative to purchasing a pack cover is to use a heavy-duty, plastic bag to line your pack to protect the contents from rain – your pack however will get wet using this method. Purchasing a pack cover is highly recommended.

Short gaiters are optional. Some people like them because they keep your socks clean (reducing the chance of blisters) and keep debris out of your boots (another blister prevention measure), and most importantly - if it rains they keep your socks dry and prevents wicking water down into your boots