

Hiking and Rafting in Glacier National Park

PACKING LIST

FOOTWEAR

- __ 1 pair of hiking boots: boots need to come over the ankle and be well broken in and comfortable.
- __ 1 pair of comfortable athletic shoes, Crocs or Teva sandals for wearing around the lodges, camp
- __ 2-3 pairs of hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Ultimax)

CLOTHING

- __ 1 – 2 pair of comfortable synthetic (non cotton) long pants for hiking. Zip-offs work well
- __ 1 – 2 pairs of shorts (one should be quick-drying synthetic)
- __ 3 t-shirts (non cotton and lightweight)
- __ 1 lightweight, long-sleeved shirt for hiking. Button-up front shirts work well for thermoregulation.
- __ 1 pair medium to heavy weight long underwear top and bottoms. (silk, wool or synthetic equivalent. Ex: Capilene or polypropylene)
- __ 1 medium-weight warm top layer (Ex: wool shirt, synthetic pullover, fleece vest)
- __ 1 warm fleece jacket or puffy jacket
- __ 1 raincoat and rain pants (coated nylon or a waterproof breathable fabric like Gore-tex. **No ponchos**)
- __ Enough underwear for 8 days. (Make sure your underwear is comfortable while hiking for long periods of time)
- __ 1 pair gloves and hat (wool, Capilene, or Polartec gloves and a warm wool or fleece hat)
- __ 1 wide-brimmed hat for protection from the sun
- __ 1 swimsuit (in case you want an alpine swim!)
- __ 1 – 2 changes of comfortable clothes to wear around the hotels and out to dinner (e.g. pants and/or skirt, with a couple of tops)

TOILETRIES (small everything)

- __ Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies, etc.
- __ Sunscreen and lip protection with sunblock of at least SPF 30
- __ personal “patch kit”: Band-Aids or Second Skin, moleskin, ibuprofen, foot powder, safety pin, Peppid, etc.
- __ Personal medications, if any. If you’re taking a prescription drug, bring a copy of the prescription or the generic name of it.

Individuals allergic to insect bites must bring an anaphylactic kit. Please consult your doctor.

ESSENTIALS

- 1 daypack large enough to hold your supplies for the day (water, snacks, sunscreen, lunch, raingear, fleece jacket, wool hat and gloves, personal patch kit, etc.) Line your bag with a trash bag in case of rain or bring a rainproof backpack cover
- Collapsible hiking poles
- Sunglasses (100% UV protection)
- Croakies or other sunglasses retainer
- Capacity to carry at least 2 liters of water comfortably
- Insect repellent
- Your favorite snack

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

- National Park Pass for entry into Glacier National Park (not included in trip package)
- Binoculars
- Ear plugs (for a good night's sleep!)
- Wristwatch/travel alarm clock
- 1 or 2 Bandannas

NOTES ON PACKING

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 a couple months *before* your trip. For general trekking/hiking there are many choices in both materials and styles of boots. Your choice will depend on the environment you will be hiking as well as your personal preferences and physical condition of your feet and ankles. Boots can be made of leather, nubuck leather, synthetic materials or a combination and come in low, mid or ankle cut styles. For general trekking/hiking we recommend low/mid-height height, lightweight/midweight hiking boots/shoes with Vibram or Vibram type soles. Please note: If you have weaker ankles or are recovering from an ankle injury consider either the mid-height or the ankle height boots. **Remember to waterproof your boots before the trip.** (Even boots billed as 'waterproof' still need to be treated with a waterproofing product – it's the interior lining that is actually the 'waterproof' part of the boot, not the exterior.)

Daypack: 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.

Clothing: All clothing for active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. NO COTTON for your active wear. The clothing listed on

the packing list has been chosen for your specific trip conditions and for its versatility for layering. 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.

Hydration: It is very important to your safety and enjoyment to have an *independent* ability for accessing your water. As you are hiking you will need water to be accessible in order to drink frequently. 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 Gregory bladder bags which are simply a collapsible water bag with a hose attachment that you drink from. These fit inside your pack with the hose positioned over your shoulder where you can access your water without the use of your hands. Some models are designed to attach to the outside of your pack.

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.

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. In addition they help conserve your energy by transferring some of the work to your arms and chest. For a detailed description of considerations when purchasing a pair of trekking poles please see: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/153280/Choosing-Trekking-Poles-for-your-Next-Hiking-Trip>

If you are purchasing trekking poles for your trip please make sure they meet the following guidelines:

1. Height of the poles can be adjusted
2. They have an upright (as opposed to cane-like) handle
3. Have wrist straps that can be adjusted