

# PACKING LIST - ROCKY MOUNTAIN HIKING AND SKETCHING

## FOOTWEAR

- 1 pair of lightweight to midweight hiking boots with good ankle support
- 1 pair of comfortable shoes for general use
- 2-3 pairs of hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

## CLOTHING

- 1-2 pair of comfortable synthetic long (3/4) pants for hiking - zip-offs work well
- 2 - 3 synthetic or lightweight merino wool T-shirts or short-sleeved shirts
- 1 lightweight long-sleeved shirt for sun/bug protection - button up front is the best
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Smartwool, MTS, or polypropylene)
- 1 mediumweight long-sleeved shirt: wool shirt/pull-over or synthetic equivalent ("expedition weight" long underwear, microfleece).
- 1 mediumweight top layer: fleece/down jacket/vest
- 1 rain jacket and rain pants – **waterproof**/breathable fabric like Gore-tex - not a lightweight plastic poncho
- Underwear/nightwear  a warm wool or fleece hat
- 1 pair wool, Capilene, or Polartec gloves
- 1 wide brimmed or baseball style hat for protection from the sun/rain
- 1 – 2 changes of casual clothes to wear at end of day

## ESSENTIALS

- 1 pair Trekking poles (required - see Notes on Packing List)
- 1 daypack (see Notes on Packing List for recommended capacity)
- Capability to 'waterproof' your backpack. Either a rain cover or a heavy-duty plastic bag to line your pack.
- Capacity to carry 2 liters of water (see Notes on Packing List)
- 1 compass with a base plate, preferably with adjustable declination (see Notes on Packing List)
- Sunglasses (100% UV protection) w/retention strap
- Small headlamp  1 – 2 bandanas/buff
- Ear plugs (for a good night's sleep!)  insect repellent
- Tupperware-like container for sandwich/lunch

## TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia, and sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- small personal "patch kit": Band-Aids, Compeed or Second Skin, moleskin, cloth athletic tape, ibuprofen, personal medications, if any. Individuals allergic to insect bites must bring an anaphylactic kit.

**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.

## ART SUPPLIES (see materials list for descriptions)

- Your favorite art supplies NOTE: Your trip cost includes a small art set with art journal, small watercolor set, water paintbrush, and micron pen for you to use and take home. We will also have some art supplies that you can use during the trip.

## OPTIONAL

- Camera (extra battery or charger) and film/memory card  Compact binoculars
- Wrist watch/travel alarm clock

## 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!**

**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

**Trekking Poles:** Trekking poles are essential 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, [click here to read our blog](#).

**Daypacks:** You will need a daypack that is large enough to hold the following items: 2 liters of water, rain gear, lunch/snacks (for the day), warm layer (fleece pullover or vest), lightweight gloves, warm hat and any other desired personal items such as camera, journal, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches and preferably with a hip belt, padded shoulder straps and 'lifters'. **Please note: a fanny pack or hydration pack are not large enough to hold all of the items you will need for the day.**

**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.

**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.