

Personal Packing List

Updated 2019

The following list of clothing and equipment is essential for your safety. We will be traveling in rugged and spectacular terrain where our lives are literally dependent upon our gear. We ask you to trust us despite the weather at home or advice from others. Don't deviate; severe, **cold weather is possible all summer long in the mountains**. If you want to save money consider borrowing, buying used gear, or buy in bulk with the rest of your group.

You will need to bring an extra change of casual clothes to put on after you get off trail to wear for Celebration Dinner and next day travel.

NO COTTON: Cotton should **NOT** be worn. It retains moisture will leave you cold, wet, and uncomfortable.

Upper Body Clothing		
You need at least three insulating layers , a rain layer and a synthetic short sleeve shirt. All of these layers should fit comfortably over each other. If you get cold easily, bring a fourth insulating layer, or a down or fleece vest.		
Number	Item	Description
1-2	Short Sleeve Synthetic Shirt	These will be worn every day on the trail to hike in. Avoid cotton.
1	Long Sleeve Base Layer	1st Insulating Layer. Synthetic long johns (polyester or polypropylene) that fit close to the skin and wick moisture away.
1	Long Sleeve Mid Layer	2nd Insulating Layer. Lightweight fleece or down jacket. Should fit over base layer and under your top layer.
1	Fleece/Down Top Layer	3rd Insulating Layer. Heavy fleece or down jacket that fits over your base layers.
1	Rain Jacket	Should be 100% waterproof, not just water resistant! Rain jackets should have a hood and be made of breathable material (gore-tex).
Lower Body Clothing		
You will need two lower-body insulating layers that should fit comfortably over each other and a pair of shorts to hike in.		
Number	Item	Description
1+	Underwear	2-3 pair of synthetic fabric that wick away moisture and neutralize odor. Avoid cotton, but if bringing cotton, bring 4-5 pair.
1-2	Hiking Shorts	Lightweight synthetic fabric dries quickly and wicks moisture away. Avoid cotton.
1	Bottom Base Layer	1st Insulating Layer. Tight fitting synthetic or wool long underwear that wick moisture away and are worn next to your skin. No cotton.
1	Insulating layer	2nd Insulating Layer. Should be polyester fleece. Able to fit over base layer or shorts for layering. Avoid cotton and bulky sweatpants. Synthetic hiking pants or zip off pants can also work for this layer.
1	Rain Pants	*These are optional. Waterproof pants that will fit over your other layers.

PLEASE DO NOT BRING A KNIFE: The risk far outweighs the benefits.

Footwear		
Number	Item	Description
2-3	Hiking Socks	Must be 75% to 100% wool, merino wool, or synthetic material made for hiking. Absolutely no cotton.
1	Boots	We travel on rugged terrain which requires a good quality hiking boot. Be sure they are above the ankle and thoroughly waterproofed. A medium weight leather upper boot with a thick rubber sole(vibram) are best. Make sure to thoroughly break them in beforehand and no steel-toed boots. Trail running shoes are also an accepted footwear.
1	Camp Shoes	Old tennis shoes or sandals with a back strap (ie. tevas or chacos)
1-2	Liner Socks	*These are optional. Liners help reduce friction within the boot.

Miscellaneous

Number	Item	Description
1	Hat	Baseball or sun cap to keep sun off face.
1	Fleece/Wool Cap	Beanie style warm hat.
1	Sunglasses	Dark lenses are important for sun and glare off snow.
1	Flashlight / Headlamp	Small light source for in camp or morning hikes. Headlamp preferred.
1	Gloves	Warm gloves to wear around camp. They do not need to be large ski gloves.
3-4	Bandanas	Great for cleaning your cup, washing your face and have many other uses.
1	Personal Items	Toothbrush, toothpaste, contacts, solution, feminine products, glasses, sunscreen, insect repellent, lip balm, medications, hand sanitizer.
1	Content Items	Bible, Notepad, Pen/Pencil.

Optional Items

Number	Item	Description
1	Trekking Poles	Many find trekking poles useful to aid in balance and trail walking.
2-3	Carabineers	Helpful to clip water bottles and other items onto your backpack.
1	Buff	Can be worn as headband or used to help protect neck/ears from sun or cold.
1	Gaiters	Help protect legs from branches, thorns, water or snow.
3-4	Blister Control	Medical supplies used to treat blisters. Often called moleskin or second skin.
5-10	Ziplock baggies	Various sizes. Great for packing personal items in to keep dry.
10-15	Baby Wipes	For bathroom use. All wipes will have to be packed out in ziplock bag.
2-5	Trail Snacks	WayForward will provide 3 meals per day. Additional snacks are optional. Good trail snacks include: jerky, granola bars, candy, etc.

Items Provided by WayForward Adventures

WayForward will provide all necessary mountain gear: Backpacks, Sleeping Bags, Foam Sleeping Pads, Tents, Stoves, Food*, First Aid, Eating Utensils, Water Bottles, Clothing Stuff Sacks.

*3 meals per day are provided, participants are encouraged to bring snacks (jerky, Clif bars, candy, etc), drink mixes, etc.