

# WAY FORWARD ADVENTURES

## PACKING GUIDE



### LAYERS



**LAYERING** is your thermostat in the mountains. It's important to have different layers so you can adjust with the unpredictable mountain weather.

**1. Base Layer:** This is your first insulating layer next to the skin and should be a quick drying synthetic that will provide some warmth but mostly keep you dry by wicking away moisture.

**2. Mid Layer:** This is your second insulating layer and should be fleece. It should be light, breathable and fit over your base layer.

**3. Down or Fleece Layer:** This will be your third insulating layer and should be a heavier fleece or down jacket. This layer should still be packable but should be the warmest layer you have.

**4. Rain Jacket:** This should be a waterproof and hooded jacket that will block out wind, rain, and fit over all your other layers.

### TYPES OF MATERIAL

**SYNTHETIC:** A material such as nylon, polypropylene, or polyester that wicks moisture rather than absorbing it. Great for clothes you'll be hiking in or base layers.

**MERINO WOOL:** A naturally deodorizing material that keeps you warm even when soaked. Heavier than synthetics, but great for socks and base layer.

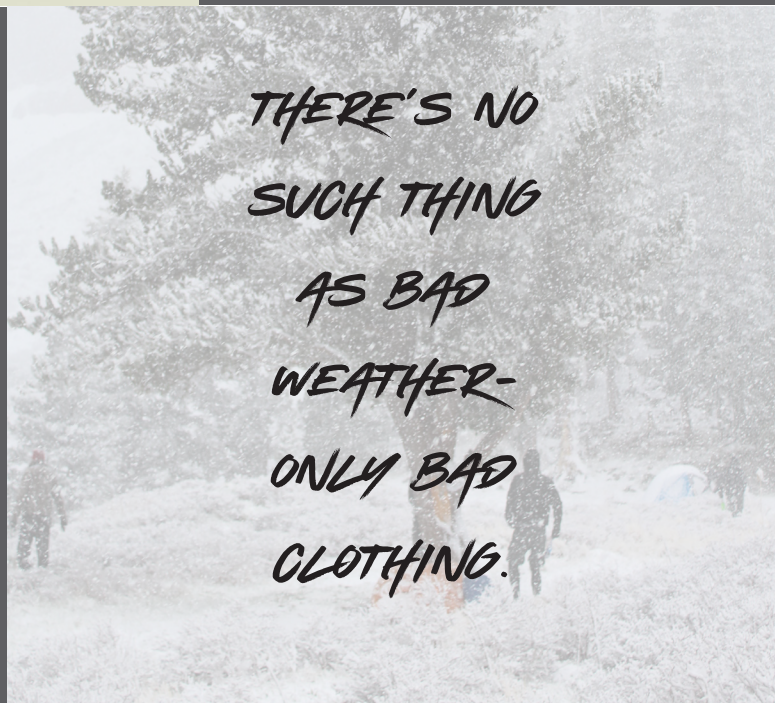
**FLEECE:** Lightweight, breathable, and packable. Doesn't always block the wind, but remains warm when wet.

**DOWN INSULATED JACKET:** Insulated with duck or goose down. Extremely lightweight and warm, but loses insulating qualities when wet.

**SYNTHETIC INSULATED JACKET:** Similar to down but slightly heavier, continues to insulate even after being wet.

**NO COTTON!**

*THERE'S NO  
SUCH THING  
AS BAD  
WEATHER-  
ONLY BAD  
CLOTHING.*



# COMPLETE PACKING CHECKLIST

## Upper Body

- 1-2 Hiking Shirts
- 1 Top Base Layer
- 1 Mid Layer
- 1 Down Jacket or Fleece Top Layer
- 1 Rain Jacket

## Lower Body

- 3-4 Pairs Synthetic Underwear
- 1-2 Hiking Shorts
- 1 Bottom Base Layer
- 1 Insulating Layer
- 1 \*OPTIONAL\* Rain Pants

## Footwear

- 2-3 Synthetic or Wool Hiking Socks
- 1 Hiking Boots or Trail Running Shoes
- 1 Camp Shoes

## Miscellaneous

- 1 Ball Cap
- 1 Fleece or Wool Beanie
- 1 Sunglasses
- 1 Flashlight/Headlamp with extra batteries
- 1 Fleece or Wool Gloves
- 3-4 Bandanas
- Bible, Pen, and Journal

## Personal Items

- Toothpaste and Toothbrush
- Contacts and Solution
- Glasses and Case
- Feminine Products
- Small Sunscreen
- Insect Repellent
- Lip Balm
- Medications
- Small Hand Sanitizer
- 10-15 Baby Wipes
- Blister Control (mole skin, second skin)
- 5-10 Ziplock bags, various sizes

## Optional Items

- Trekking Poles
- 2-3 Carabineers
- 1 Buff or Balaclava
- 1 Pair of Gaiters
- Trail Snacks (Jerky, Clif Bars, Candy, Etc.)

\*Remember everything you take on trail, you will be carrying so try to bring small containers and only amounts that you will need for the 4 or 5 days you are on trail. You can always share with your friends.