

GEAR-PACKING LIST: Adventure Trip

Item	#	Own already	Who will I borrow from?	Packed...Yes?
CLOTHING:				
Underwear (1 for every 2 days; PRO TIP: You may want to have at least one "boxer brief style" to minimize chaffing when hiking.)	#			
Cotton or nylon T-shirt (2 while on trail and 1 for everyday; lightweight synthetic breathable materials are best)	#			
Thermal long underwear	1			
Pants (sweat pant and/or rain proof outerwear)	1-2			
Fleece or sweat shirt	1-2			
Jacket/rain Parka (must be waterproof!)	1			
Hiking/active shorts	2			
Warm Socks (wool or synthetic that properly fit your feet)	2			
Active Socks (athletic)	2			
Light hiking boots/trail running shoes (Click here for help deciding. Make sure they are broken in! Here are my all-time favorite.)	1			
Comfort sandals/Choco's/shoes (PRO TIP: I use Choco's so I can use them in water crossings as well as around camp.)	1			
Small bag (to store/organize clothes and other items. NOTE: Backpacks will not be used until hiking portion of trip.)	1			
*Zip Lock Bags (*optional; PRO TIP: These are great to keep clothes dry and organized.)	#			
Gloves (warm mittens or gloves)	1			
Warm hat	1			
Hat for sun protection (ie. Ball cap)	1			
GEAR:				
Backpack (must be at least 40 liters or larger)	1		We can provide	
*Day pack (*Optional lightweight pack for day hike type situations)	1			

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Sleeping bag (rating of at least 20 degrees)	1		We can provide	
Sleeping PAD ("Thermarest")	1		We can provide	
Rain cover for backpack	1		We can provide	
Plastic or thermal bowl (to eat and drink out of when backpacking.)	1			
Flashlight/headlamp (PRO TIP: The headlamp will be your best choice!)	1			
Sunglasses	1			
Water bottle (ie:"Nalgene" bottle; PRO TIP: A Camelback plus one water bottle is a great choice!)				
PERSONAL ITEMS:				
Compact Bible & Journal	1			
Toothbrush & small tube of toothpaste	1			
*Biodegradable soap (*optional)				
Sunscreen	1			
Lip balm	1			
Razor	1			
Comb/brush	1			
Prescription medications (if needed)	#			
Contact lens solution	1			
Camera	1			
*Small/"packable" towel (*optional)				
*Small/"packable" pillow (*optional; PRO TIP: Bring a pillow case that you can use to stuff a fleece/clothing in to use as your pillow.)				
A spirit ready for growth and adventure!	∞			