



Cultivating wonder & belonging in the natural world.

Backpacking Trip Packing List

*Items in **bold** are available to borrow.

Please fill out the 'Participant Gear Loan' form to request specific items.

Hiking Gear

■ Backpack	<i>65L-75L pack with an internal frame and waist belt</i>
■ Sleeping Bag	<i>Rated to 30 degree or colder, compressible (fits into stuff sack vs. needs to be rolled up) and lightweight</i>
■ Sleeping Pad	<i>Foam or inflatable, but not super bulky or heavy</i>
■ Hiking Boots	<i>Sturdy boots with ankle support and good tread (if you hike with a heavy pack in trail runners and have a pair that are broken in and fit well, those are fine)</i>
■ 4 Wool Socks	<i>Good socks are very important! Tall wool socks (no cotton or short sock)</i>
■ "Camp Shoes"	<i>Lightweight shoes, such as crocs or sandals, for around the campsite</i>

Clothing

■ Rain Jacket	<i>Lightweight, fully waterproof</i>
■ Rain Pants	<i>Fully waterproof, same material a rain jacket is made of</i>
■ Fleece Jacket	<i>Warm layer</i>
■ 2-3 Shirts	<i>Non-cotton</i> , <i>lightweight and breathable material t-shirts or long sleeves</i>
■ 1-2 Shorts	<i>Non-cotton</i> , <i>quick dry shorts for hiking in</i>
■ Pants	<i>Non-cotton</i> , <i>lightweight layer for warmth or hiking in</i>
■ Long Underwear	<i>Wool or synthetic base layer tops and bottoms. (Synthetic leggings work)</i>
■ Underwear	<i>Enough pairs for days of trip</i>
■ Sun Hat	<i>Baseball or wide brim hat</i>
■ Warm Hat	<i>Preferably non-cotton beanie style hat.</i>

Personal Gear

- Sunglasses

■ Headlamp	<i>Or flashlight. With an extra set of batteries.</i>
■ 2 Water Bottles	<i>1 liter capacity each. Nalgene style recommended, no heavy metal bottles</i>
■ Utensils	<i>Light spoon and fork or 'spork'</i>
■ Bowl and/or Mug	<i>Lightweight plastic or metal, Tupperware style containers work great</i>
■ Knife	<i>Must have fixed or locking blade, blades no longer than 4"</i>

Toiletries

(in a ziplock bag with your name as everything with a scent will stored in the bear bins overnight)

- Travel Size Toothbrush & Toothpaste
- Chapstick
- Any medications* you take, labeled with the contents and dose
- Menstrual Products

Optional Items

- Small Book/Journal
- Cards/Hacky Sack/
Small Games
- Hiking Poles *There will be a few shared group paires, but some like to have their own*

Please **DO NOT BRING** any electronic devices or weapons. Instructors will have cellphones and a satellite communication device in case of emergency and a communal digital camera for photos that will be shared with the campers and families. All Wild Society trips are drug and alcohol free.

**Notes about medications: Our guides will carry over-the-counter medications including anti-histamines, acetaminophen, and ibuprofen in the first aid kits. While our guides are trained in wilderness medicine, this does not certify them to administer prescribed medications. All participants will be responsible for carrying and administering their own prescribed medications. Our guides do need to know what medications, dosages, and schedule your camper takes, and are happy to help remind them.*

Our first aid kits include sunscreen and bug repellent to minimize the number of bottles being carried, but if you have a brand that you particularly like you are welcome to bring a small bottle of your own.