

Personal Gear and Equipment List for Adventure Trek

This list is extensive, but it is **all** you will need for the entire Adventure Trek. If you are planning to stay at Camp past the end of the Trek, you may wish to add a couple of more casual clothing items at your option.

One common misconception is that it's summer, so it's hot. Nights (especially wet ones in Joyce Kilmer) can be surprisingly cold. You will have so much more fun if you're comfortable. This gear list had been prepared in hopes that while you may be dog-tired, you'll be warm and dry.

Clothing: NO COTTON CONTENT (cotton gets wet and you get cold – really.)

Pack light, but correctly – you will not use random clothing beyond what's on this list – for the most part, we wear the same things every day and do our own laundry.

- 1 good rain jacket (not a cheap poncho) – Gore-Tex or similar laminate
- 1 pr. Nylon rain pants (optional) or short gaiters (to cover boots)
- 1 pair of good hiking boots that you have worn for at least 2 weeks to break in
- 1 pair Teva or Chaco type sandals (anything w/ heel strap is ok, so not flip-flops)
- 1 pair 100% polyester capilene long underwear (Patagonia is best)
- 1 100% polyester capilene long underwear top (Patagonia is best)
- 2-3 pair non-cotton wool or polyester hiking socks (“smart-wools” are great)
- 2- 100% polyester or lightweight wool shirts (nearly free at thrift stores)
- 1 wool or polyester stocking cap (old ski cap?)- don't forget this, you'll want it!
- 1 wool or “mid-weight” polyester fleece sweater (no cotton sweatshirts)
- 2 pair of nylon shorts – doubles as bathing suit
- 2-3 pair underwear of choice – silk boxers or nylon bike shorts are good
- 1-2 spare t-shirts (cotton is ok here)
- 1 sheet, pillow, etc. for camp bunk (optional) or just use sleeping bag

Gear:

- 1 - minimum 3500 cubic inch capacity internal-frame backpack (a few loaners are avail.)
- 1 – good pack cover that fits pack
- 1 – lightweight synthetic fill sleeping bag - 30-50 degree optimal
- 1- Compression type stuff sack for sleeping bag
- 1 – Closed cell foam Ridge-Rest type sleeping pad or equilivant (Thenmorest, etc.)
- 1 – Headlamp with extra batteries and extra bulb
- 1- set of personal toiletries - keep to a minimum, because most of it stays in camp
- 1 – lightweight cup, bowl, and spoon stowed in a small nylon bag marked with your name
- 2- Plastic Water Bottles – empty Gatorade bottles are fine – Nalgene type is ok too.
- 1 towel (plenty) – we're a drip dry crowd

Optional items; sunglasses, multi-tool, pocketknife, journal, book, camera, trekking poles or walking stick. All additional technical gear is supplied by the professional guides, but if you have something to bring (climbing harness, kayak, etc., bring it on!)

Noise makers: radios, CD players, etc are ok for the van, not for the forest

No cell phones, personal food, etc. will be permitted at all. Thanks.