

Personal Packing List

Updated 2018

The following list of clothing and equipment is essential for your safety. We will be traveling in rugged and spectacular country where our lives are literally dependent upon our gear. We ask that 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 these 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 clothes to put on after you get off trail to wear for Celebration Dinner and next day travel.

Upper Body Clothing		
You need at least three insulating layers , a rain layer and a t-shirt. Make sure your layers fit comfortably over each other. If you get cold easily, we suggest that you take four insulating layers, or three layers and a 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	Preferably synthetic material like polyester or polypropylene.
1	Long Sleeve Mid Layer	Mid or expedition-weight synthetic or lightweight fleece is best.
1	Fleece/Down Top Layer	Heavy fleece or down jacket that fits over your base layers. Down jackets are recommended for early season trips.
1	Rain Jacket	All rainwear must be 100% waterproof, not water resistant! Rain jackets should have a hood. "Breathable" fabrics are highly recommended.
Lower Body Clothing		
You will need two lower-body insulating layers that should fit comfortably over each other.		
Number	Item	Description
1-2	Hiking Shorts	Lightweight nylon fabric dries quickly. Avoid cotton.
1	Base Layer Bottom	Mid-weight polypropylene or wool long underwear. These are your base layer for your legs on cooler days. They are worn next to your skin to wick moisture away.
1	Insulating layer	These are made out of polyester fleece. They should be loose enough to fit over a pair of long underwear or shorts. Zip off nylon pants can also work for this layer.
1	Rain Pants/Hiking Pants	*These are optional.
1+	Underwear	Synthetic fabrics work best but cotton is adequate. Bring 2-3 synthetic pair or 4-5 cotton pair.

COTTON: Let's just say this: It's a bad idea, don't bring any cotton clothes.

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, heavy rag type, or thick polypropylene.
1	Boots	We travel on rugged terrain which requires a good quality hiking boot. Be sure they are above the ankle. A medium weight leather upper boot with vibram soles is best. The fabric / leather upper boots are also good and break in easily. Be sure they are thoroughly waterproofed (Nikwax, Sno Seal, etc.) and thoroughly broken in before you come.
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.
1	Gloves	Warm gloves to wear around camp. These 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, camera.
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.
1	Pack of Baby Wipes	For bathroom use. All wipes will have to be packed out in ziplock bag.
1	Sleeping Pad	WayForward provides foam pads, but you can bring an inflatable sleeping pad if preferred.

Items Provided by WayForward Adventures

WayForward will provide all necessary mountain gear: Backpacks, Sleeping Bags, Sleeping Pads*, Tents, Stoves, Food**, First Aid, Eating Utensils, Water Bottles, Clothing Stuff Sacks.
 *Sleeping pads provided are foam. **3 meals per day. Participants are encouraged to bring snacks, drink mixes, etc.