Having appropriate clothing and equipment for your specific TREK trip is essential for your safety and your comfort. Below is a list of equipment you will need to participate in your Long Trail Backpacking Trip.

**A note on packing light:** We have a minimal amount of space in our packs and everything we bring we carry. The list below is what we find to be most helpful when packing for a week-long backpacking trip without being too minimal or having too much.

**CLOTHING**

- 1 ~15-liter stuff sack to contain clothes (and become your pillow!)
- 1 Set of Non-cotton long underwear tops / bottoms – Synthetic or wool (no cotton) – think Under Armour or similar.
- 2 Quick dry t-shirts (No cotton)
- 1 Cotton t-shirt (optional) – some find comforting to change into a cotton t-shirt once in camp if the weather is nice
- 2 pairs of Quick dry/athletic shorts (No cotton) – these should be comfortable and not restrictive to be active in all day long.
- 1 pair hiking pants (optional) – does well as bug and sun protection
- 1 windbreaker jacket (optional) - These layers are great for windy but sunny summits to break up the cold.
- 1 waterproof rain jacket – The best test for waterproofing is to hold the material up to your mouth and try to suck air through it. If you can’t get any air through, it’s for certain waterproof…though some fancier jackets are both breathable and waterproof.
- 1 pair waterproof rain pants
- 2-3 pairs wool / synthetic fiber socks – (no cotton)
- 1 Fleece/or lightweight synthetic down jacket – synthetic down is preferable since goose down doesn’t keep you warm if it gets wet.
- 2 - 4 pairs underwear - However many you need for a week’s worth of living outdoors – we’re not here to judge!
- Sports bras – As many as you need – we’re not here to judge!
- 1 Light warm hat - wool or synthetic fiber
- 1 Bathing Suit
CAMPING ITEMS
- 1 Pair closed-toe camp shoes – chucks, tennies, crocs, sneakers...etc.
- 1 Sleeping bag (30-20-degree rating) - No cotton and should be synthetic down.
- 1 Sleeping pad
- 2 One-Liter plastic or metal water bottles – Must be durable and reusable. Nalgene makes a very good reusable water bottle. A reused 32oz Gatorade bottle is more affordable and will last just about the length of your TREK trip.
- Plastic or metal eating/dining set - bowl, spoon/fork, and mug. Plastic Tupperware and disposable cutlery works just fine!
- Thermos or mug
- 1 Headlamp with extra batteries.
- Sun Hat or Bandana
- 1 pair sunglasses and protective case
- 1-2 garbage bags - these are excellent for adding extra waterproofing to anything you are concerned about

PERSONAL ITEMS
- Sun block
- Bug Spray
- Hand Sanitizer
- Toothbrush/paste
- Lip balm with SPF
- Eye glasses, extra contact & contact solution
- Any Personal Medications (inhaler, Epipen, ibuprofin...etc)
- Menstrual products (consider compact tampons, the compact applicator helps prevent infection)
- Band-Aids (optional)

TRIP SPECIFIC EQUIPMENT
- 1 Pair hiking boots (well broken in) – Boots should: be above the ankle for ankle support; Gore-tex or other waterproofing; be sure to wear your boots over the summer if you’re getting them new this year.
- 1 internal frame backpack (65 liter) – These come in a variety to fit different torso sizes. Be sure your pack fits you!
- Waterproof Pack Liner – Large thick trash bags do the trick, bring 2. Yes, in addition to the other two we recommended above.

OPTIONAL ITEMS
- Camera
- Personal Journal and Pen
- Travel sized Musical instrument (no full-size guitars)
- Favorite Poem or Prose for around the “campfire”
- Nighttime reading Book
- Lightweight gloves - if you know your hands easily get cold
- 1 Pocket Knife/Leatherman multi tool – helpful around camp, and for cooking, etc.