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.

* Renting/Borrowing equipment: We have a limited supply of some items available to rent or borrow. Those items are indicated with an * symbol.

CLOTHING

A requirement for most of the clothing listed here is that it is not made from cotton. While cotton is affordable and comfortable, when it rains, cotton absorbs a lot of water (making it very heavy), it doesn’t dry quickly (keeping you wet and cold longer) and the fibers compress (reducing its ability to keep you warm). Wool and many synthetic fibers don’t absorb a lot of water, dry quickly, and maintain their ‘loft’ when they get wet. Hence, the specificity here for cotton vs. non-cotton.

- 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) Great for when you’re in the mountains and the temperature drops at night.
- 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.
- 1-2 pairs of quick dry/athletic shorts (no cotton) – These should be comfortable and not restrictive to hike in all day long.
- 1 pair hiking pants (optional) – Also great option for hiking and does well as bug protection.
- * 1 waterproof rain jacket – You don’t want a yellow rain slicker, but something made as a rain jacket for active outdoor activities.
- * 1 pair waterproof rain pants
- 2-3 pairs wool / synthetic fiber socks (no cotton) – These should be boot height
- Fleece/or lightweight synthetic down jacket – If a light down jacket, synthetic down is best for our purposes.
- 2-4 pairs underwear - However many you need for a week’s worth of living outdoors – we’re not here to judge!
Sports bras (optional) However many you need for a week’s worth of living outdoors – we’re not here to judge!

1 light warm hat - wool or synthetic fiber

Small pack towel

PERSONAL ITEMS

* 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 pair closed-toe camp shoes – Chucks, tennies, crocs, sneakers...etc.

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.

Toiletries – What to bring varies a lot from person to person, but here are some reminders. For all of the items listed here, please remember to bring small, travel sized versions. Space is limited on your trip!
  - Toothbrush/paste
  - For those who wear contacts: Enough for 5 days plus extra just incase; plenty of contact solution (you may need to rinse your hands with it in the morning and evening); glasses incase you lose your contacts or have any issues with your
  - Life-saving or essential medications/prescriptions (Epipen, inhaler, insulin, anti-anxiety or depression medication...etc)
  - Hand Sanitizer
  - Bug Spray & Anti-itch bug ointment
  - Sunblock & lip balm
  - Optional comforts: Hairbrush (if you have hair to brush), wet wipes for a “trail shower”, Band-Aids

HIKING EQUIPMENT

* 1 internal frame backpack (65 liter) – These come in a variety to fit different torso sizes. Be sure your pack fits you!

2 waterproof pack liners – Large thick trash bags do the trick.

* 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

OPTIONAL ITEMS

Camera

Personal journal and pen

Musical instrument that easily travel (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.