

Trek Equipment list

- Comfortable, broken in hiking boots
- Hiking socks
- Sock liners
- 1 pair hiking shorts
- 1 pair pants (wear a belt)
Note: Zipoffs work great and will take care of your pant and shorts needs!
- 1 swimsuit
- 2 tshirts (noncotton is highly recommended)
- 1 lightweight warm jacket (fleece is a good choice)
- Waterproof jacket and pants OR a poncho
- 2 bandannas
- Waterproof sandals with a heel strap (or water shoes) are nice to have (as camp shoes and for swimming)
- Hat with visor or brim for sun protection
- Wool or fleece beanie
- Mess kit with spoon, fork (OR just a spork!), bowl, and hot drink mug (plastic or metallic)
- Pocket knife or multitool
- Sleeping bag (mummy bag with stuff sack)
- Pack with hip belt (internal preferred for out terrain, external is fine)
- Sleeping pad
- Flashlight/headlamp & extra batteries
- Way to carry at least 3 liters of water (nalgenes, camelbaks, etc)
- Toothbrush, toothpaste, sunscreen, bug repellent
- Sunglasses
- Whistle
- SPF 15+ chapstick
- Waterproof backpack cover
- Garbage bag (may double as a pack cover)
- Prescription meds, epipen, inhaler, feminine hygiene products etc
- Matches/fire starters
- Compass/small mirror/space blanket
- Duct tape (wrap around water bottle)

Optional (depending on if you want to carry it or how much you personally feel you need it!)

- Long underwear
- Lightweight camera
- Pack towel
- Journal/book/art supplies/cards

- Frisbee to be used as a plate
- Plastic bag/dry bag
- Gloves
- Trekking poles
- Lightweight folding chair