



PACKS & BAGGAGE

- Expedition Duffel Bag
- Day Trekking Backpack with rain cover

BOOTS & FOOTWEAR

- Hiking Boots
- Sandals/Tevas/Keens

ESSENTIAL PERSONAL

- Sleeping bag
- Sleeping Pad

SPECIALTY EQUIPMENT

- Trekking Poles (optional)
- Headlamp (optional)
- Grayl Filter Bottle (optional)
- Spare Water Bottle

OTHER PERSONAL GEAR

- Polarized Sunglasses
- Personal First Aid Kit
- Power Bank
- Snacks
- Podcast
- Good books

TOILETRIES

- Toothbrush, Toothpaste
- Sun Cream (50 spf+)
- Biodegradable Soap
- Deodorant
- Wet wipes
- Fast Microfiber Towel

CLOTHING LAYER SYSTEMS

- Hard Shell/Rain Jacket
- Fleece
- Base Layer Top
- Sun Hat
- Beanie
- Buff and Bandana
- Hiking Shirts
- Hiking Pants
- Lightweight Hiking Socks
- Underwear / Bras
- Down Jacket
- Travel Clothes