

Alpine Lakes Packing List

Packing List (2 pages)

- o LUNCH & SNACK for the first day! Please eat a good breakfast before meeting us
- o Backpack, fitted professionally, preferably an internal frame pack
- o Sleeping Bag, rated at 20-40 degrees Fahrenheit, lightweight
- o Lightweight Backpacking Sleeping Pad, Therm-a-rest or similar. Can be inflatable or thin foam
- o 2-3 person Backpacking Tent, please make sure to Seam Seal and waterproof before the trip and that the rainfly covers the whole tent, ideally with a vestibule and footprint
- o Waterproof Hiking Boots, already broken in
- o 3-4 pair of wool or synthetic hiking socks
- o 2 pair snug fitting liner socks
- o Moleskin, 1 pack
- o Plastic Whistle on lanyard, to be worn.
- o Rain Coat, lightweight and waterproof
- o Rain Pants
- o Base layer/ long johns – top and bottom (non-cotton)
- o Warm fleece/wool top (non-cotton)
- o 1 long sleeve shirt
- o 3-4 T-shirts
- o 1 pair of long pants, should be nylon or other synthetic material
- o 2-3 pair of shorts (with 1-2 pairs being longer to protect the legs/thighs)
- o underwear
- o Swimsuit and small packtowel
- o Hat, with brim or bill
- o Beanie
- o Thin, warm gloves
- o 1 pair of camp shoes (croc, water socks or sturdy sandals; needs back strap)

- o 2-one liter Nalgene bottles or 1-one liter bottle and a 2 liter Platypus Hydration Bladder
- o Bowl & Cup (lightweight metal or plastic)
- o Spoon (Fork optional)
- o Knife (no longer than a 4" blade; fixed or locking please), optional
- o Headlamp with fresh batteries and one set extra batteries
- o Sunglasses
- o 2 Bandanas
- o Bug Net (optional)
- o Small lightweight Daypack or Fanny Pack for excursions (lid of your backpack or REI flash pack style)
- o 20-50 feet of parachute cord
- o Trekking Poles-optional but strongly encouraged (very helpful for steeper sections, creek crossings and balance)
- o Tooth brush, toothpaste, necessary toiletries
- o Tampons/pads with a quart sized Ziploc to pack it out
- o Lip Balm, sunscreen
- o bug spray (Picaridin, 30% Deet or Lemon Eucalyptus suggested)
- o Trail Snacks that you like (optional, we will also provide food)
- o Optional \$20-40 spending cash for snacks on drive, souvenirs, etc.
- o Trash bag (packed away) with fresh change of clothes for the drive home
- o quarters for showers (\$3-4)
- o small journal/sketchbook, pen/pencil
- o Camera, batteries
- o Small paperback for downtime reading (optional)
- o Compass with adjustable declination (optional, we have some to loan out)
- o A positive attitude, an adventurous spirit and a curious mind