

## W.I.L.D. Packing List

\*It is important for participants to have all of the items below unless listed as \*Optional. Some items can be rented. Most clothing layers must be made of non-cotton materials, either wool or synthetic (nylon, poly blends, spandex, etc). When cotton gets wet, it loses its insulating value and becomes heavy and hard to dry. Rain comes unexpectedly in the mountains and it is always a gift, especially if we're prepared!

**\*\*If participants expect to bleed during the trip, a panty liner for each day of bleeding (or larger pads if those are needed) is a great way to have "fresh" underwear every day while still bringing only 4 pairs or so of underwear. They will be near lots of water, so they can always wash things in lakes and creeks. If having more underwear for menstruation will be a comfort, please feel free.**

### Can Be Rented:

- |  |  |
|--|--|
| <input type="checkbox"/> 1 Backpack, 60 Liters or larger (\$60)<br><input type="checkbox"/> 1 Sleeping pad (\$20)<br><input type="checkbox"/> 1 Sleeping bag rated 30°F (\$40) | <input type="checkbox"/> 1 Waterproof jacket/shell with hood (\$20)<br><input type="checkbox"/> 1 Pair waterproof pants (\$20)<br><input type="checkbox"/> 1 Pair of trekking poles (\$20) |
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- ☐ Whittling knife - light, 3" blade (basic MoraKniv can be purchased from us for \$20)

### Must Bring:

#### TOP LAYERS

- ☐ 2 Short sleeve shirts (cotton OK)
- ☐ \*Optional long-sleeved sun shirt
- ☐ 1-2 Sports bras
- ☐ 1 Long-underwear top - wool or synthetic (no cotton)
- ☐ 1 Medium article for layering - fleece vest, wool or synthetic sweater, etc. (no cotton)
- ☐ 1 Heavier warm jacket/pullover - fleece, puffy or wool (no cotton)

#### BOTTOM LAYERS

- ☐ 1-2 Pairs nylon shorts
- ☐ 3-4 Pairs underwear
- ☐ 1 Long-underwear bottoms (no cotton)
- ☐ 1 Pair warm pants - fleece, etc (no cotton)

#### FEET

- ☐ 1 Pair hiking boots (comfortable & well broken in is best)
- ☐ 3 Pairs backpacking socks - thick cushioning, wool or synthetic (no cotton)
- ☐ 1-2 Pair polyester or silk sock liners (optional, helps prevent blisters)
- ☐ 1 pair closed-toed, light-weight, treaded shoes for water crossing or camp

#### HEAD

- ☐ 1 hat with brim, critical for sun protection
- ☐ 1 warm hat or beanie - wool or fleece
- ☐ 2 bandanas
- ☐ Sunglasses
- ☐ Headlamp

#### HANDS

- ☐ 1 pair of gloves or mittens (no cotton)

#### GEAR

- ☐ 1 cup, 1 bowl, 1 spoon
- ☐ Toiletries - only the basics: floss, toothbrush, toothpaste, personal sunscreen, lip balm, menstrual gear if bleeding anticipated during the trip
- ☐ Personal medications
- ☐ 2-Liter water capacity. Bladders are okay, but bring at least one 1L screw-top water bottle in case the bladder fails.
- ☐ 2 Large garbage bags, critical for rain
- ☐ One or two changes of street clothes
- ☐ Small duffel, labeled with name (for extras or street clothes to be left in the van)
- ☐ Light backpacking chair \*Optional