



## 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 (fleece, puffy, nylon, poly blends, spandex, etc). They say "cotton kills" in the outdoors - 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!\*

### Can Be Rented or Purchased:

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

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### Must Bring:

#### TOP LAYERS

- ☐ 2 Short sleeve shirts (cotton OK)
- ☐ Long-sleeved sun-shirt \*Optional
- ☐ 1 Long underwear top - (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 Pair 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)
- ☐ 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 (for comfortable and clean driving times)
- ☐ Small duffel, labeled with name (for extras or street clothes to be left in the van)
- ☐ Light backpacking chair \*Optional