



## General Trip Personal Gear List

### Must Bring Items (not optional)

- Swimsuit
- Towel
- Sun Hat
- Warm Hat \*
- Sunglasses and Retainer
- Polypropylene Underwear Top \*
- Medium-weight Insulation Layer
- Thick Fleece Layer \*
- Long-sleeved Shirt (Sunshirt)
- Polypropylene Underwear Bottom \*
- T-shirts
- Long Pants
- Shorts
- Cotton Underwear
- Rain Gear: Jacket and Pants
- Hiking Boots/Shoes
- Warm Gloves \*
- Sunscreen
- Toiletries:  
Toothbrush, Paste, Floss  
Comb / Hairbrush  
Shampoo / Soap  
Razor  
Skin Lotion  
Feminine Hygiene Items  
Lip Balm
- Collapsible Duffel Bag to carry clothing
- Cash / Credit Card
- Headlamp or Small Flashlight
- Notebook
- Pen & Pencil
- 1-Liter Water Bottle with Screw Lid

\* Optional for warm weather adventures

### Optional Items

- Sandals, Flip-flops, Water Shoes
- Belt
- Rx Eyeglasses
- Personal OTC or Rx Medicines
- Music: CDs/iPod
- Camera / Film
- Spare Batteries
- Book / Magazine
- Earplugs
- Energy bars
- Watch
- Pillow
- Knife or Multi-tool

### DO NOT BRING

- Regular Suitcases
- Rollable Suitcases
- Coolers
- First Aid Supplies

**Most participants bring too much gear.  
PACK LIGHT!**