



Suggested Gear List

Technical Clothing

- 1- Waterproof breathable Jacket
- 1- Insulated Jacket
- 1- Soft fleece or soft-shell Jacket
- 1- Long sleeve moisture wick fabric shirt
- 1- Short sleeve moisture wick fabric shirt
- 1- Waterproof, breathable pants
- 1- Hiking pant/fleece pants
- 1- Shorts
- 1- Long Underwear
- 3- Underwear
- 2- bras (women)

Headwear

- 1- Hat for sun protection (brimmed)
- 1- Knit hat for cold weather

Handwear

- 1- Warm, waterproof gloves
- 1- Thin gloves

Footwear

- 1- Hiking boots, waterproof, warm and broken-in
- 1- Gym shoes (optional)
- 1- Socks, warm, wool or synthetic
- 1- Gaiters – (optional)

Accessories

- 1- Sunglasses
- 1- Waterproof backpack cover
- 1- Water bottle
- 1- Camelbak
- 1- Dry bags or plastic bags to keep gear dry and separate

Equipment

- 1- Sleeping bag (four seasons)
- 1- Trekking poles
- 1- Head lamp (bring extra batteries)
- 1- Duffel bag – for porters to carry your personal gear
- 1- Daypack – for you to carry your personal gear

Other

- Personal toiletries
- Sunscreen
- Insect Repellent
- Hand sanitizer
- Toilet paper and wet wipes
- Snacks (optional)
- Electrolytes (optional)
- Camera – battery operated (optional)