



BACKPACKING for SLOWPOKES

Multi-Day Gear List

REQUIRED

In addition to the clothes you plan to wear on the trail please bring:

- Base layer tops and bottoms (these double as camp clothes) - wool or synth
- Puffy or outer layer depending on weather
- Rain layer top and bottom (or poncho)
- Extra socks - wool or synth
- 50L+ backpack
- sun cream/hat
- 1L water bottle
- Spoon/Spork
- Personal hygiene kit
- Prescription meds
- Toilet paper (half a roll, core removed)

SUGGESTED

- Insect repellent
- Ear plugs
- Head lamp and extra batteries
- Hot drink cup
- Camp shoes (Crocs work well)
- Pillow case or buff
- Trail snacks (main meals provided)
- Hobby for camp; journal, paint, read!

COTTON KILLS

Did you know that cotton sucks the heat from your body when wet, while wool maintains its warmth.

LESS IS MORE!

Make your journey lighter and plan to wear one set of clothes on the trail, same set each day. And one set of clothes at camp, same set each night.



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Single Day Gear List

Here's what you'll need typically, if you are joining me on a single day experience. I will reach out directly for any trip or weather specific nuances:

WINTER

- A bottle of water
- Weather appropriate Layers - please do not wear cotton, these experiences are cardio and you will get warm. It's important to be able to vent yourself well and still cover skin if need be. Think multiple thin layers and avoid cotton in any of them. There is a saying "cotton kills". Cotton, when wet with sweat, draws the heat from your body and dries very slowly. It will make you very cold in the winter. Synthetic base layers or merino wool make for the best base, then layer up with other mid weight sweaters or fleeces before your final wind breaking layer.
- Gloves, a hat and a face gaiter or scarf for really cold days will mean you can stay warm when things really cool down.
- You should wear snow boots - if you do not have snow boots, please reach out directly to talk through suitable alternatives. I don't want you to have to buy things if you don't need to!
- Bring an insulated bottle of water and a snack in case you get hungry.

SUMMER

- A bottle of water
- light lunch or snacks for our rest at the top
- Weather appropriate clothing and layers for rain or cold
- footwear suitable for hiking over rocks and roots, weather appropriate
- tissue and hand sanitizer
- bug repellent and/or sunscreen (optional)
- trekking poles if you have them (optional)
- camera (optional)
- snacks and extra water in your car for the end (optional)
- a change of shoes/clothing in your car (optional)