

LT 1 Hike Packing List

Change and modify this list according to personal preference. Remember for the hiking trip all personal has to fit into your pack.

This list is meant for the trip only, not for the week at camp. Please plan accordingly

Clothing

Hiking Boots (break them in before the trip!)

A second pair that stays dry for the campsite. (Tennis shoes/ sandals with backs)

Waterproof rain jacket (Pants strongly recommended)

Sweatshirt or fleece (preferably non-cotton)

3 short sleeve shirts (strongly recommended non-cotton)

2 long sleeve shirts (strongly recommended non-cotton)

Sweatpants and/or spandex/long underwear

3 pairs of socks (strongly recommended non-cotton)

Swimsuit ***Leave in the star tran (will probably not go swimming on the actual hike, but will on the day at the park)***

4 pairs of underwear/3 sports bras

1 bandana

Optional

Sleeping pad

Crazy creek

Camera

Chap stick

Sunglasses

Hat (very important for preventing sunburn)

Carabineers

Ziplock bags (keep personal items dry)

Gear

Compact Sleeping Bag with compression stuff sack

Waterproof watch with alarm

At least 2 water bottles

Tupperware with lid (to use as a plate or a bowl)

Eating utensils (make sure to bring a spoon)

Headlamp /flashlight

Money for the road trip (at least enough for one meal) <\$35

Pocket knife

Sunscreen

Bug spray

Feminine products

Toothbrush/Toothpaste

Small notebook and pen