

LT 1 Hike Packing List

Change and modify this list according to personal preferences. Remember for the hiking trip all personal gear must fit into your pack, along with GROUP GEAR.

Clothing

- Hiking Boots (break them in before the trip!)
- A pair of shoes that stay dry for the campsite. (sandals with backs/tennis shoes)
- Waterproof rain jacket (Rain pants strongly recommended)
- Sweatshirt or fleece (preferably non-cotton)
- 2 short sleeve shirts (strongly recommended non-cotton)
- 2 long sleeve shirts (strongly recommended non-cotton)
- 1 Sweatpants and/or spandex/long underwear
- 2 pair of sport shorts
- 4-5 pairs of socks (strongly recommended wool) (one pair for sleeping)
- Swimsuit
- 5 pairs of underwear/3 sports bras
- 1 bandana/headband
- Hat (for sun and warmth)
- 1 pair of clean clothes to keep in tran

Optional

- Crazy creek/foldable camping chair
- Camera
- Chap stick
- Sunglasses
- Carabineers
- Snacks
- Ziplock bags (keep personal items dry)

Gear

- Compact Sleeping Bag with compression stuff sack
- Waterproof watch with alarm
- At least 2 water bottles
- Headlamp /flashlight
- Sleeping pad (camp provided)
- Sunscreen
- Bug spray
- Feminine products
- Toothbrush/Toothpaste
- Small notebook and pen
- Money for the road trip
- Pocket knife