

CAMPING EQUIPMENT

1	65L backpack - with waterproof backpack cover	1	Synthetic camp towel - bath towel size
1	Duffel bag - to store gear when it is not in use	1	Headlamp - with extra batteries
1	40° sleeping bag - with compression sack	1	Insulated plastic cup - 8oz
1	Sleeping pad	1	4-5" bowl
1	Small backpack / day pack	1	Camping utensils
2	Water bottle - 1 liter		

CLOTHING

7	Synthetic underwear	1	Rain jacket
3	Sports bras	1	Rain pants
4	Synthetic t-shirt	1	Fleece pullover - midweight
1	Synthetic long sleeve shirt / Sun hoody	1	Comfortable outfit - for travel and rest days
2	Athletic shorts	1	Swimsuit
1	Hiking pants		

FOOTWEAR + ACCESSORIES

6	Socks - synthetic hiking socks	1	Water shoes - with heel strap
1	Hiking boots - medium weight	1	Sun hat

TOILETRIES

1	Sunscreen - 12oz	1	Soap
1	Hand sanitizer - 2oz	1	Deodorant
1	Toothbrush + toothpaste	1	Insect repellent - 12oz
1	Shampoo	1	Lip balm
1	Toiletry bag or Dopp kit		Moleskin - 5-7 pads (blister care)

MISCELLANEOUS

1	Sunglasses - with retainer strap (i.e. Crookies or Chums)	1	Insect head net
1	Laundry bag	1	Spending money - \$50/week
1	Whistle	1	Watch
2	Bandana	2	Nylon stuff sack - 20L

Optional Items: camera, book, journal, buff, camp chair, camp pillow, compass, athletic shoes, trekking poles, rash guard

VISIT THE WA STORE TO OUTFIT YOUR ADVENTURE

Questions about items on your packing list? We're here to help!
Give us a call at 307-733-2122 or reach out to your Regional Coordinator
for advice and tips.



PRO TIP

Don't forget to break
in your hiking shoes
before your adventure!