

CAMPING EQUIPMENT

1	Duffel bag - large enough to pack all items on list	1	Synthetic camp towel - bath towel size
1	20° sleeping bag - with compression sack	1	Headlamp - with extra batteries
1	Sleeping pad	1	Insulated plastic cup - 8oz
1	Small backpack / day pack	1	4-5" bowl
2	Water bottle - 1 liter	1	Camping utensils

CLOTHING

6	Synthetic underwear	1	Fleece pants
3	Sports bras	1	Rain jacket
1	Synthetic long underwear - top & bottom - medium weight	1	Rain pants
4	Synthetic t-shirt	1	Fleece pullover - midweight
1	Synthetic long sleeve shirt / Sun hoody	1	Packable synthetic down jacket - medium weight
2	Athletic shorts	1	Comfortable outfit - for travel and rest days
1	Hiking pants	1	Swimsuit

FOOTWEAR + ACCESSORIES

6	Socks - synthetic hiking socks	1	Fleece (winter) hat
1	Hiking boots - medium weight	1	Sun hat
1	Water shoes - with heel strap (no Crocs)	1	Fleece gloves / mittens
1	Athletic shoes (sneakers)		

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. Croakies or Chums)	1	Spending money - \$50/week
1	Laundry bag	1	Watch
1	Whistle	2	Nylon stuff sack - 20L
2	Bandana		

Optional Items: insect head net, camera, book, journal, buff, camp chair, camp pillow, compass, trekking poles

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!