



## Equipment List

In order to be well prepared for your trip, please follow this list thoroughly and pay attention to the 30 lb. weight restriction. Also remember in September the temperatures can be quite low, so bring warm clothes.

### Clothing

- Waterproof, comfortable & sturdy hiking boots
- Gaiters
- \*Insoles for hiking boots
- Hiking socks
- Hiking pants
- Shorts
- Good quality rain gear (Gore-tex)
- Warm sweater/fleece
- Down Vest or Jacket \*
- Polypropylene underwear
- T-shirts
- Sun hat
- Warm hat
- Gloves or mitts
- Bandana

### Personal Gear

- Toiletries: Toothbrush, biodegradable soap, contact lens kit, lotion, etc. as required
- Personal medications (carry two sets of anything important)
- Ear plugs

### Mountain Gear

- Day pack (approx. 20 liter/1800 cu. inches)
- Backpack (approx. 60 liter/4500 cu. inches) – will be provided
- \*Hiking Pole
- Pocket knife (Swiss army knife style)
- Sunglasses (UV proof)
- \*Extra optical glasses with safety straps
- \*Extra contact lenses
- Water bottle (one liter)
- Sunscreen (minimum UVF 15)
- Lip balm with UV protection
- Small amount of duct tape
- Thin cord
- Minor first aid kit
- Headlamp with new batteries and an extra bulb
- Camera and film

\* optional

