

RECOMMENDED PACKING LIST

Exploring Escalante

September 28-October 3, 2009

Equipment

- _____ Daypack, or large fannypack
- _____ Sleeping bag (warm three-season)
- _____ Sleeping Pad (closed cell or thermarest type)
- _____ Waterproof groundcloth or tarp
- _____ Lightweight tent with rain fly
- _____ Waterbottles (at least 2 quart capacity)
- _____ Insulated or other favorite cup

Clothing

- _____ *Dress in layers to be prepared for transitional weather.*
- _____ Comfortable shirt: Loose, light colored long and short sleeve shirts
- _____ Long pants: Loose, light colored and comfortable
- _____ Hiking Shorts
- _____ Rain Gear (durable, but lightweight)
- _____ Warm fleece jacket or sweater
- _____ Long underwear: We recommend synthetic materials such as polypropylene or capilene. Wool is also great. These materials help maintain body heat in cooler temperatures while wicking moisture.
- _____ Warm hat for evenings

Footwear

- _____ Lightweight hiking boots, or running or cross-training shoes
- _____ Spare pair of running shoes or equivalent (dry footwear for camp)
- _____ Socks: mix of weights and materials for varying conditions and temperatures

Other

- _____ Bandanas
- _____ Lightweight flashlight with fresh batteries (AA size, or other)
- _____ Pocketknife
- _____ Hat with a brim for sun protection

Moderate amounts of:

- _____ Bandaids/Moleskin/Secondskin
- _____ Sunscreen/skin Cream/lip Balm
- _____ Personal toiletries
- _____ Biodegradable soap
- _____ Mosquito repellent

Other suggestions:

- _____ Journal, pencils and/or pens, including some colors
- _____ Camp chair (folding, compact)
- _____ Sunglasses
- _____ Extra batteries
- _____ Camera/film
- _____ Binoculars or monocular
- _____ Alcoholic and/or non-alcoholic beverages
- _____ Spending money for dinner on the way home/misc. purchases