

## **Packing list**

### **Clothing:**

Pack with rain cover  
Trekking poles  
Hiking boots  
Sandals  
Underpants 2 nylon 2 cotton  
Bras 2 nylon, 1 cotton  
Wool hiking socks (2)  
Other sock (2)  
Hiking shorts  
Hiking pants  
Hiking shirts (2)  
Sun hat  
Light toque and gloves  
Light fleece jacket  
Rain coat  
Cotton T-shirt  
Non-hiking pants  
Dress  
Button up shirt  
Tank top (for sleeping)  
Base layer (top and bottoms)  
Bandanna  
Hankies (2)

### **Misc:**

Folding day pack  
Sun glasses  
Glasses and reading glasses  
Gum (for plane)  
Phone (plus charger)  
Book  
Route guidebook and map  
Flight confirmation # and details  
Print out of info/itinerary  
Photocopy of passports  
Passports  
Other ID  
Cash  
Debit/credit cards  
Purse/wallet  
Headlamps  
Tea bags  
Water bottles: 1 l each plus folding 1 l each  
Hiking food (cliff bars/granola bars)  
Cards  
Pen/note book/paper (each)

Swiss army knife (packed)  
Folding shopping bag (light)  
Sewing kit  
Duct tape  
Light cord and plastic clothes pegs  
Sink stop and clothes soap  
Travel alarm  
Money belts  
MP3 player and headphones  
Ziploc bags (small and large)  
Tupperware containers (2)

### **Toiletries:**

Toothpaste  
Toothbrushes  
Dental floss  
Soap  
Deodorant  
Lip balm (with sun protection)  
Cleaning cloth for glasses  
Shampoo  
Conditioner  
Hairbrush  
Barrette  
Hair-ties  
Sunscreen  
Tweezers  
Fisherman's friends  
Hand lotion  
Aloe vera  
Kleenex  
Ear plugs  
Razors and blades  
Nail clippers  
Clear bag for carry on  
Asthma meds  
First aid kit: bandages, tensor  
Tums  
Antihistamine  
Advil  
Pads  
Water purification tablets  
Small amount toilet paper