

# Summer Gear List

## Trekking Gear

- \* backpack
- \* sleeping bag (down or synthetic)
- \* sleeping pad (closed foam, Thermarest, etc.)

## Clothing

- \* long underwear top and bottom (polypro, Capilene, etc.)
- \* fleece or wool jacket
- \* fleece or wool pants
- \* rain/wind jacket (Gore-tex, etc. or coated nylon)
- \* rain/wind pants
- \* hat (fleece or wool)
- \* light gloves (fleece or wool)
- \* baseball cap
- \* cotton t-shirt
- \* cotton shorts/swimming trunks/bathing suit

## Footwear

- \* hiking boots or sturdy hiking shoes (preferably broken-in)
- \* wool socks
- \* liner socks
- \* camp shoes (Tevas, sandals, down booties, etc.)

## Personal/Optional Items

- \* 2 water bottles (approximately 1 liter capacity)
- \* sunglasses
- \* sunscreen

- \* lip balm
- \* toiletries
- \* headlamp/flashlight (include extra bulb/batteries)
- \* bandana
- \* ziplock bags
- \* pocketknife
- \* lighter/matches
- \* personal first aid kit