Downloadable Packing List

Category	Type of Item	Necessity	Recommendations			Example Pack Weight = 13.7 lbs		
			Qty	Item	Link	Qty	~ grams / item	Total grams
Clothing	Quick-dry Shorts	Essential	2			2	140	280
Clothing	Quick-dry T-shirts	Essential	2			2	105	210
Clothing	Quick-dry Underwear	Essential	2			2	70	140
Clothing	Rain Jacket or Poncho	Essential	1	FROGG TOGGS Poncho	https://am	1	250	250
Clothing	Sun Hat	Essential	1	Tilley mens Ltm6 Airflo Sun Hat	https://am	1	100	100
Clothing	After-hike Other Nice Shirt	Optional	1			2	180	360
Clothing	Socks	Optional	3	SMART Wool	https://am	4	24	96
Clothing	Swimsuit	Optional	1			0	100	0
Clothing	After-hike Cotton T-shirt	Recommended	1			1	110	110
Clothing	After-hike Shorts	Recommended	1			1	210	210
Clothing	Extra Base Layer Shirt	Seasonal	1			1	115	115
Clothing	Gaitors	Seasonal	1			0	200	0
Clothing	Gloves	Seasonal	1			0	80	0
Clothing	Pullover/ Sweater	Seasonal	1			0	250	0
Clothing	Quick-dry Base Layer Long Sleeve T-shi	Seasonal	1			1	115	115
Clothing	Water Resistant Hiking Pants	Seasonal	1			0	500	0
Clothing	Winter Hat	Seasonal	1			0	80	0
Clothing - Wome	Bra/ Jog-bra	Essential	2			0	70	0
Clothing - Wome	Skirt	Optional	1			0	100	0
Clothing - Wome	Dress	Optional	1			0	150	0
Clothing - Wome	Leggings	Optional	1			0	300	0
Clothing - Wome	Coat	Recommended	1	PUFFTECH Compact Jacket	https://ww	0	150	0
Electronics	Charger with Euro Plug	Essential	1	European Travel Plug Adapter	https://am	1	50	50
Electronics	Charging Cable	Essential	1			1	20	20
Electronics	Phone	Essential	1			1	210	210
Electronics	iPad Pro	Optional	1			0	750	0
Electronics	Spare Battery	Optional	1		https://ww	0	200	0
Electronics	Earbuds (with case)		1	Apple AirPods Pro 2 Wireless Earbuds,	https://am	1	75	75
Footwear	Primary Footwear (Shoes/Boots)	Essential	1	ASICS Trabuca Max	https://am		675	n/a
Footwear	Alternate Shoes/ Hiking Sandals	Optional	1	Chaco Z-1 Classic Sport	https://am	1	400	400
Footwear	Orthotics	Optional	1			0	160	0
Footwear	Flip Flops	Recommended	1	Olukai	https://am	1	500	500
Gear	Backpack	Essential	1	Osprey Talon 44	https://am	1	1500	1500
Gear	Daypack (compact)	Optional	1	4Monster Hiking Daypack	https://am	1	100	100
Gear	Duct Tape	Optional	1			1	30	30
Gear	Mesh Bag	Optional	1			0	10	0
Gear	Small Flash Light	Optional	1			0	40	0

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Gear	Water Bladder	Optional	1	Osprey 2 liter	https://am	1	250	250
Gear	Water Bottle	Optional	1			1	80	80
Gear	Athletic Tape	Recommended	1			1	20	20
Gear	Rain Cover for Backpack	Recommended	1			0	100	0
Gear	Trekking Poles (or Walking Stick)	Recommended	1	Cascade Mountain Tech Trekking Poles	https://am	1	460	n/a
Gear	Sleeping Bag	Seasonal	1		https://ww	0	750	0
Gear	Stuff Sacks	#N/A	6			6	20	120
Other	10-12' Clothes line/ Paracord	Essential	1			1	20	20
Other	Credit/Debit Cards & Cash	Essential	1			1	20	20
Other	Laundry Detergent Sheets (40)	Essential	1			1	40	40
Other	Notebook	Essential	2			1	40	40
Other	Passport	Essential	1			1	40	40
Other	Pen	Essential	2		https://ww	1	10	10
Other	Prescription Glasses	Essential	1			1	40	40
Other	Quick-dry Towel	Essential	1	4Monster Camping Towels Super Absorbent	https://am	1	100	100
Other	Safety Pins	Essential	10			10	1	10
Other	Bedbug Spray	Optional	1			0	96	0
Other	Coin pouch	Optional	1			0	10	0
Other	Guide Book	Optional	1			0	300	0
Other	Sewing Kit	Optional	1			0	50	0
Other	Sleep Mask	Optional	1			0	20	0
Other	Spork	Optional	1			0	50	0
Other	Swiss Army Knife	Optional	1			0	200	0
Other	Travel Pillow	Optional	1			0	200	0
Other	Yoga Towel	Optional	1			0	250	0
Other	Zip-lok Baggies	Optional	6			6	5	30
Other	Rock	Recommended	1			0	100	0
Other	Sleeping Silk	Recommended	1			1	120	120
Other	Small Luggage Lock	Recommended	1			0	70	0
Other	Sunglasses	Recommended	1			1	100	100
Self-care	Comb or Brush	Essential	1			1	10	10
Self-care	Prescription Meds	Essential	1			1	35	35
Self-care	Sunscreen	Essential	1	e.l.f. SKIN Suntouchable Invisi-Stick SPF 50	https://am	1	75	75
Self-care	Toothbrush	Essential	1			1	10	10
Self-care	Toothpaste (<3oz)	Essential	1			1	75	75
Self-care	Antacids	Optional	2			2	10	20
Self-care	Antihistamine	Optional	2			2	10	20

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Self-care	Bar Soap	Optional	1			1	120	120
Self-care	Conditioner	Optional	1	Hair Conditioner	https://am	0	75	0
Self-care	Disposable Razor	Optional	1			1	10	10
Self-care	Electrolytes	Optional	3			0	20	0
Self-care	First Aid Kit	Optional	1			0	50	0
Self-care	Hair Styling Product	Optional	1			0	100	0
Self-care	Imodium	Optional	2			1	5	5
Self-care	Lip Balm	Optional	1			1	15	15
Self-care	OTC Pain Medicine (Advil)	Optional	5			5	2	10
Self-care	Pumice Stone	Optional	1			1	45	45
Self-care	Small Nail Clippers	Optional	1			1	20	20
Self-care	Soap Holder	Optional	1			1	60	60
Self-care	Tweezers	Optional	1			0	10	0
Self-care	Vitamins	Optional	1			0	60	0
Self-care	Baby Powder	Recommended	1			1	40	40
Self-care	Bandaids	Recommended	6			6	2	12
Self-care	Ear Plugs	Recommended	1			0	5	0
Self-care	Personal Wipes	Recommended	2			2	5	10
Self-care	Shampoo	Recommended	1			0	100	0
Self-care	Small Scissors	Recommended	1			0	10	0
Self-care	Vaseline	Recommended	1			1	60	60
Self-care	Blister Care	#N/A	1	Compeed Multipack	https://am	1	30	30

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