



## Packing List

### Must bring from home

**Underwear:** 4-5 pairs; 2 sports bras, if applicable

**Swimsuit:** shorts/trunks; quick-dry shorts & sports bra (no bikinis)

**T-shirts:** 2-3, ideally not cotton

**Athletic shorts:** 2-3 pairs, ideally not cotton

**Toiletries:** toothbrush and toothpaste (small). Option to bring personal sunscreen or SPF lip balm. Bring menstruation supplies if you might need them. **Do not bring** razors, deodorant, make-up, shampoo, etc.

**Prescription Medication:** if applicable; bring 2 sets

### Available to loan from North Cascades Institute. Bring what you have, and we will provide the rest:

**Sun shirt** (long sleeve button up, can be cotton)

**Fleece jacket**

**Hiking pants:** 1 pair, nylon/synthetic

**Long underwear:** top and bottom

**Socks:** 3-4 pairs; wool or synthetic hiking socks

**Water/camp shoes:** close-toed shoes (Crocs or Keens) or old pair of gym shoes

**Rain coat**

**Rain pants**

**Warm gloves**

**Warm hat**

**Baseball cap**

**Hiking boots:** leather, ankle high

**Sunglasses:** with a strap or case

**Bandana:** 2

**Eating kit:** cup and bowl (plastic or aluminum), fork and/or spoon, in a bag

**Water bottles:** 2, 1 liter

**Small flashlight or headlamp**

**Sleeping bag:** 30 degrees Fahrenheit or below in a stuff sack; packable

**Sleeping pad**

**Backpacking pack:** 60-80 liters. Must fit you well.

**Hiking Poles**

Optional items:

**Book:** small, paperback

**Drawing/sketching materials**

**Wristwatch**

**Camera** (we do carry a group camera)

