

Trekking List

35 lb = 21% body weight

Essentials

Passport
ID
Credit card (w chip)
Debit card
Cash (Swiss Franks exchanged at Chase Bank in US)

Gear:

2L water bladder
0.5L Nalgene
Backpack
Tent rainfly, poles, stakes, footprint
Sleeping bag – down
Ultra light sleeping pad—inflatable
Trekking poles—collapsible
Headlamp
Camp towel
Water purifier – Sawyer Squeeze Filter System
Pack rain cover
Pack travel bag (aka pillow!)
Stuff sacks (waterproofed)

Clothing 4 lbs:

Hiking boots – Vasque Talus
Extra shoelace
Merrill minimal shoes
Waterproofed GoLite Softshell
Buff
Glove liners
2 sports bras
2 dry fit undies
Compression shorts
3 wool socks
Button up travel shirt (long sleeve)
2 sports tanks
Pullover – dry fit

Synthetic insulated vest
Running shorts
Tech pants
Insulated tights
Dress – “performance knit”

First aid Kit: 1lb 4oz

Mini flashlight
Extra batteries
Tent repair tape
Foil emergency blanket
Lighter
Duck tape
Mirror
Sewing kit
Energy gel - 100cals
Pocketknife – secondary knife
Benadryl, Motrin, Tylenol, Midol
Electrolyte tabs
Latex gloves
Ziplocs
Condom
Bandages/gauze/steri-strips
Alcohols swabs/ATB ointment
Moleskin
Tampon OB

Toiletries:

Diva cup
Comb
Multivitamins
Dove soap
Wen conditioner
Sunscreen
Toothbrush & toothpaste
Floss 100m
Chap stick
Fingernail clipper

Hair ties/bobby pins
TP in ziploc
Nasal spray
Icy/hot
Heel grater – If you're asking
why? Then don't bring it ☺

Other:

Spork x
iPhone – LifeProof Case
Cord, charger, adaptor
Headphones & adaptor
Sunglasses
Watch
Handkerchief
Journal
Guidebook
Reading material
Pens
Zip locks
Pocketknife – primary knife
Thermometer/compass keychain
Hand sanitizer
Detergent
Visor

Food:

PB/Nuttela
Dehydrated fruits & jerky
Homemade granola balls
Protein bars
Cheese
Summer sausage
Chia seeds
Nuts and seeds & raisins
Gorp
Bread
Apples
Granola

Maybes:

Cook set x
Sleep sack x
Gators x
Chaco's x
Sandals x
Lotion x
Raincoat x
Rain pants x
Dry bag x
Superglue x
Carabineer 2.5oz x
Cards x
Massage ball (tennis/racket) x
Flipbelt x