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GEAR LIST

CLOTHING - Remember, this is an environment you don't want to take out ANYTHING that you expect to come back undamaged. This is where functionality, not fashion rules. Be inventive, old pajama pants, the sweat suit that you never wanted, the "ugly" stuff - this is what to bring.

PANTS - For warm weather, shorts work. When the sun goes down, the temperature drops in the areas we camp, we suggest you bring something warm to put on at night (sweats or pajama pants). For cold weather, we suggest 3 layers: long underwear, sweat pants, and wind pant. A pair of shorts or bathing suit is required in the event of a water crossing. Please note: sagging is not permitted; this could result in a harmful fall on the trail, please bring a belt.

TOPS/SHIRTS - For warm weather, take 1 short sleeve and 1 long sleeve shirt. You should also bring something warm depending on how cold it could become at night. For cold weather, we suggest 3 layers: long underwear, hooded sweatshirt, and a coat.

SHOES - Something that can hold up to mud and a lot of hiking, boots or basketball shoes work best. For around camp in the evenings or in the event of water crossings, tennis shoes or sport sandals are required.

SOCKS - 3 - 4 pairs, if you choose to wear 2 pair at a time, make sure your footwear still fits.

UNDERWEAR – Highly recommended! Type and numbers at your discretion.

TOILETRIES - Toothbrush (we supply toothpaste), preapproved medications, deodorant/antiperspirant, etc. Do not bring soap, we provide proper disinfectant for cleaning.

LIP BALM – Recommended and with UV protection- particularly in cold and sunny weather (Chapstick or Blistex work great).

OTHER - Any other items (Camera, Books, Journal, Medications, specialty foods, etc.) must be pre-approved by a LongWalk Representative. Please contact us with any special needs you may have, including dietary needs as well as allergies.

Glasses/Contacts - If you wear contacts, we recommend you bring an extra pair of contact lenses or glasses. Contacts are easily lost in the outdoors and it you might need a back-up.

WHAT WE PROVIDE - We provide all necessary items, including backpacks, sleeping bags, sleeping pads, water bottles, raingear (ponchos), stocking caps, and gloves. (You can bring your own gloves if desired.) We also provide all group gear including flashlights, tents, food, stoves, cooking utensils, pots/pans, sunscreen, and insect repellent.

ANY ILLEGAL SUBSTANCE (INCLUDING ALCOHOL) OR ITEMS THAT COULD BE USED AS A WEAPON (INCLUDING ANY KNIFE) WILL RESULT IN CRIMINAL CHARGES BEING FILED IN THE COUNTY THAT WE ARE BACKPACKING. THIS WILL NOT BE FUN FOR ANYONE.