

Travel Items:

- Travel wallet/crossbody bag
- Cash
- Passport, passport photos, and travel documents
- Casual travel/in-town clothes
- Swimsuit (optional)
- In-town toiletries
- Travel shoes/sneakers
- Travel adapters, charging cables, battery packs, etc.
- 2 x large duffel bags with locks

Lower Body:

- 5 x pairs of hiking socks
- Hiking boots
- Gaiters
- 4 x synthetic underwear and sports bras
- 2 x base layer thermal bottoms (1 light, 1 medium)
- 2 x pairs of soft-shell hiking pants (1 light, 1 medium)
- Belt (optional)
- Shell pants
- Insulated pants

Upper Body:

- Lightweight sun hoody
- Base layer thermal top
- 2 x midweight layers
- Shell jacket
- Down parka
- 2 x neck gaiters
- Winter hat
- Baseball or sun hat
- Fleece gloves
- Climbing gloves
- Insulated mitts
- Chemical hand and foot warmers (optional)
- Glacier glasses
- Goggles
- Prescription eyewear

Hiking Gear:

- 30-40L daypack
- Pack cover
- Trekking poles with snow baskets
- Down sleeping bag rated to 0°F / -18°C
- Closed-cell foam sleeping pad
- Inflatable sleeping pad



2 x headlamps

Extra batteries

5 x heavy-duty trash bags

Snack food (3 lbs/1.5 kg)

Personal Items:

2 x water bottles

Insulating bottle covers

Water purification system (iodine tabs, chlorine tabs, or water filtration system)

Book, Kindle, tablet

Headphones (optional)

Earplugs

Camera (optional)

Watch

Multitool (optional)

Rain poncho and umbrella (optional)

Sunscreen and zinc

2 x lip balm with SPF

Hand sanitizer

Toothbrush and toothpaste

Baby wipes

Personal toiletries

Small medical kit

Prescription medications

Roll of toilet paper and Ziploc bag for storage

Pee funnel (for women, optional)

Pee bottle

Safari Items:

Safari clothing

Lightweight sneakers

Small set of binoculars