



Hante AT Trek Equipment List

This list contains items that you will need for Hante AT Trek. We have carefully considered all of the items on the list. **It is important that you bring each of the items on the list** to insure that you are prepared for your trip. If you arrive at camp without one of the essential items on the list, we will attempt to purchase it for you at your expense. This will be inconvenient for everyone, so please arrive with everything that you need. Please note that for some items of clothing we specify **non-cotton**; this is a mandatory requirement because synthetic materials will keep you warmer in wet conditions. If you have any questions about equipment or clothing needs please give us a call. **(Items marked with “+” are optional).**

Clothing

- 1 long underwear top and 1 long underwear bottoms:** Light to mid-weight polypro or capilene will help keep you warm even when wet. No cotton.
- Raincoat + Rainpants:** Be warned; it *will* rain at some point during your trip. Bring durable, breathable, and waterproof raingear.
- 2 pairs of quick drying shorts:** these do not need to be fancy hiking shorts, and standard athletic shorts with work just fine in the field
- 1 pair of quick drying pants:** with so many bugs and nettles in the summer, you will more than likely hike in these pants most days. Many hiking pants are a cotton blend, and please check the label to make sure they are 100% polyester. (Zip-off pants are great)
- 4 pairs of wool or synthetic hiking socks:** These help keep your feet warmer even when they're wet. Fox River, SmartWool, and Wigwam make comfortable socks.
- 2 Pairs synthetic hiking liner socks:** These are light, thin socks that you wear under your hiking socks. They wick sweat and moisture, and prevent abrasion/friction that causes blisters.
- 2-3 short sleeve non-cotton T-shirts:** Any kind of synthetic clothing, from the Patagonia capilene to simple Under Armor t-shirts. Please, do not bring cotton T-shirts.
- 1 warm fleece jacket:** The lows in the mountains can be 50's at night, even in the middle of the summer. You'll want a heavier fleece jacket to add to your layers.
- Decent, comfy casual clothes for days at camp, travel and a final dinner:** Two outfits will suffice
- 1 Swim suit (no string bikinis!)**
- 5-6 pair of underwear**
- 1 hat for sun protection**
- 1 wool or fleece hat**

Footwear

- Waterproof Hiking boots:** Light to mid-weight varieties are the best. The boots should cover your ankles. *Be sure to break them in before departing on your trip (This means walking 50+ miles pre-trip) Make sure you can wear them for a whole day of walking!!* This will help you to avoid getting irritating blisters. Vasque, Merrell, and Asolo make quality boots.
- 1 comfortable pair of shoes:** Great for traveling in, wearing around campsites, playing Ultimate, etc.
- Lightweight river sandals:** Sandals with heel straps such as Chacos, Tevas, Keens, etc. Please, *no flip-flops or Crocs*. Sandals must be able to get wet and stay securely on your feet.

Personal Items

- One pair of twin sheets and Pillow:** For our nights in the Sun Lodge

- Headlamp:** A hands-free light
- Please bring any wrist, ankle or knee braces for any past injuries you have had.**
- Glasses, contacts, retainers, and medications you regularly take, etc.**

- Toiletries:** Toothbrush, toothpaste, soap, shampoo, etc.
- Pack Towel**
- One bottle of sunscreen:** SPF 30+
- Dark Sunglasses** (preferably polarized)
- Pocket knife:** (remember not to store it in your carry-on luggage)
- Extra Stuff sack and several small ditty bags:** Great for organizing.
- 10-15 large zip lock bags**
- 2 - 32oz water bottles:** If you choose to purchase a hydration system like CamelBak or Platypus, please also bring at least one 32oz Nalgene or similar hard water bottle.
- +Journal**
- +One bottle insect repellent**
- +Crazy Creek or other camp chair**
- +Camera**
- +Stationary and stamps**

Gear

- Backpack:** Internal or external frame of *at least* 4000 cubic inches (70-80 Liters). You may use an Eagle's Nest pack. This pack should serve as your main luggage carrier for the trip. If you don't have a pack already, but would like to buy one, we would be happy to suggest places and brands of good, yet economical, packs. *If you are concerned or have questions about your pack, please call or email us.*
- Small Duffel Bag:** This should serve as an additional space for your clothes and will be used for storing clothes that are not taken backpacking, etc.
- Sleeping bag with compression sack:** The bag should have a rating of 35 degrees or lower. Polyester fill bags are best (with Polarguard or Quallofil insulation). Marmot, Kelty, Big Angus, REI, and North Face all make quality sleeping bags. Please refrain from purchasing a down bag, as they lose warmth when they get wet. Cotton bags are not acceptable.
- Sleeping pad:** A closed cell or inflatable pad will give you some cushion under your sleeping bag and will also serve as insulation to help to keep you warm. Eagle's Nest also has sleeping pads available for our participants to borrow.
- +Hiking/Trekking poles (optional):** Great if you have past injuries or weak knees/ankles
- +Hiking Gaiters:** Water protection for your feet and ankles. Prevents water running down your rain pants and into your boots. Some rain pants have "built-in-gaiters".

+: Remember, items marked with "+" are optional

We hope that you have many of the items on hand or can borrow them from friends. If you plan on borrowing a backpack or sleeping pad from Eagle's Nest, please return the "Equipment Request Form" by April 15th. If you do need to purchase gear you can find many of the items on this list in surplus stores, thrift shops, local sporting good stores, outdoor stores and online. Below are a few reputable companies:

REI
www.rei.com
1-800-426-4840

Diamond Brand Outdoors
www.diamondbrand.com
1-800-459-6262

Campmor, Inc.
www.campmor.com
1-888-226-7667

***** Please note that space for clothing and gear is very limited and everything needs to be easily transportable AND fit in backpack... Please limit what you bring to this list, unless you hear otherwise from us. Thanks!*****