



## Hante France Equipment List

This list contains items that you will need for Hante France. We have spent a lot of time preparing this list. **It is important that you bring each of the items on the list** to ensure that you are prepared for your trip. If you arrive in Charlotte without one of the essential items on this 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; 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**).

### Footwear

- Hiking boots/shoes:** We recommend light to mid-weight boots that you have hiked/backpacked in before. You may also opt for good, durable trail running or approach shoes. Ankle coverage is optional, but recommended (Especially for those who have weak ankles or roll them easily). When thinking of your hiking shoe, go for something durable, comfortable and supportive. Waterproof is always a big PLUS. Check out brands like Salomon, Vasque, Montrail, Salewa, FiveTen, Scarpa or La Sportiva.
- Camp shoes:** To wear after you arrive to the town to walk around in. Chacos, Texas, light sneakers, keens, but no flip-flops.

### Gear

- Hiking Backpack:** Internal or external frame of *at least* 2500 cubic inches, or 40-55 Liters. This pack should serve as your main luggage carrier for the trip, and will fit all your gear for hiking the Western Highland Way. If you don't have a pack already, you may use an Eagle's Nest pack. You need to complete the *Equipment Request Form* on campdoc.com to obtain a pack from ENC.
- Medium backpack:** This should serve as an additional space for your clothes and will be used for storing clothes that are not taken on the Highland Way. It will also serve as your carry-on, and may be used as a daypack for days in cities. It should fit everything with which you do not plan to hike.
- Summer Sleeping Bag:** This will be used during the Farming section of Hante, where you may be camping on the property or when Hostels do not offer sheets in their bunkhouses. We suggest a summer sleeping bag with a rating down to at least 50°F (Any lower than 35°F is not necessary). Please look for synthetic materials, and please avoid down. Cotton is not acceptable.
- Sleeping Pad:** Either a closed cell foam pad or a Therm-a-rest style pad used for padding and insulation during the farm work section. You may be camping on property or staying in rustic accommodations. You may use an Eagle's Nest foam sleeping pad by returning the *Equipment Request Form*.

### Hiking Clothing

- 1 long underwear tops and 1 long underwear bottoms:** Light to mid-weight polypro or capilene will help keep you warm even when wet. No cotton.
- Rain Jacket And Pants:** Be warned; it *will* rain at some point during your trip. Bring a durable, breathable, waterproof raincoat and pants. It will help you stay dry and warm.
- +Hiking Gaiters:** Short/low/light weight versions. These will keep the rain, dirt, mud and rocks out of your shoes while in the Highlands. NOT REQUIRED

- 4 pairs of synthetic Shorts And Shirts:** It is important that you have lightweight, breathable clothes for our hike on the hiking section. You will want at least one outfit to be long sleeved and pants. Convertible pants/shorts are great!
- 1 set Evening Clothes:** These will be the clothes you wear after arriving to the huts in the evening and washing up. They should be comfortable, and appropriate to wear to dinner and other functions in or around the small towns and villages. These should be warmer clothes for cool evenings.
- 4- 6 pairs of wool or synthetic hiking socks:** These help keep your feet warmer even when they're wet. SmartWool, Wigwam, and Darn Tough make comfortable socks.

#### Travel/Work Clothing

- 1 decent travel outfit (cool weather, casual):** These are the clothes you will be wearing the majority of the time when not on hiking or backpacking sections of the trip. Synthetics and blends are recommended here as well since it will be cool and wicking fabrics will keep you drier and warmer. Note: The average high/low in France in July are 65/50. Please pack accordingly. We recommend pants and shorts and layers.
- 1 pair work pants:** These can be jeans, cotton or synthetic. Note they will get dirty, and may get wet.
- 1 pair work gloves:** Leather or vinyl coated. Thin gardening gloves are not recommended.
- 6 - 8 pair of underwear:** Most of your underwear should be appropriate for backpacking and hiking.
- 4 pairs of socks**
- 1 hat for sun protection**
- 1 warm fleece jacket:** France will have chilly evenings. This may also be a synthetic down jacket, or other outdoor-technical jacket.

#### Personal Items

- Headlamp with spare batteries:** A hands-free light is essential. Water resistant/proof are a plus
- Dark Sunglasses**
- Toiletries:** Toothbrush, toothpaste, soap, shampoo, etc.
- Pack Towel:** Many Hostels and Alpine Huts do not provide towel services.
- One bottle of sunscreen:** SPF 30+
- One bottle insect repellent**
- Pocket knife:** (remember not to store it in your carry-on luggage)
- +Trekking poles** (nice if they can fold up/get smaller to save space in shelters)
- Extra Stuff sack and several small ditty bags:** Great for organizing.
- 10-15 large zip lock bags**
- 2 one-liter water bottles or a hydration system:** If you choose to purchase a hydration system like CamelBak or Platypus, YOU MUST ALSO bring at least one hard water bottle.
- Please bring any wrist, ankle or knee braces for any past injuries you have had. THIS IS IMPERATIVE!!!**
- Glasses, contacts, retainers, and medications you regularly take, etc.**
- Earplugs:** Hostels and Bunkhouses can be filled with the sounds of snoring, travel-weary hikers.
- +2 Bandannas:** Great as pot holders, washcloths, headband, etc.

#### Miscellaneous Items (optional)

- +Digital Camera:** NO iPhone/smartphone/tablet may be used as a "camera"
- +Reading materials:** Real books, no e-readers, kindles, etc.
- +Journal**
- +Small set of art supplies**

- +Stationary and stamps (please check on what kind of postage you will need for France)
- It is important to note that cell phones, iPads, tablets, or devices that can access the internet ARE-NOT acceptable substitutes for cameras. This is an organic experience you may “share” after you have arrived home. We will have more information on our International Cell Phone Travel Policy to come, but please, leave the rest at home!

+: 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 from Eagle’s Nest, please complete the *Equipment Request Form* on [campdoc.com](http://campdoc.com) by April 1<sup>st</sup>. 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](http://www.rei.com)  
1-800-426-4840

Diamond Brand Outdoors  
[www.diamondbrand.com](http://www.diamondbrand.com)  
1-800-459-6262

Campmor, Inc.  
[www.campmor.com](http://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... Please limit what you bring to this list, unless you hear otherwise from us. Thanks!\*\*\***