

#### PACKING LIST Gear -

- Comfortable pack\*
- 3-Season sleeping bag\*: If your sleeping bag is rated above 30 degrees, then consider bringing an extra jacket or sleeping bag liner for added warmth.
- Sleeping pad\*
- Tent or tarp\*
- Three- 32 oz Water bottles: Or a hydration system that can accommodate three liters of water
- Headlamp or flashlight
- First Aid and hygiene: Toothbrush, Toothpaste, backcountry wipes, and any personal medication.

\*GEAR INCLUDED IN STANDARD TRIP PRICING.

#### Clothes

- Comfortable hiking boots
- 2 pairs of wool or wicking socks
- Long johns, tights, or pants
- Shorts
- T-shirt or tank
- Long sleeve shirt
- Warm jacket
- Rain jacket
- Warm hat
- Gloves: Don't have a pair of gloves? Use your extra pair of socks as gloves when your hands get cold.

#### Optional Items

- Bug spray
- Sunscreen
- Camera: Small digital DSLR cameras are recommended. Heavy, fancy cameras should be left at home.
- Cell phone: signal is extremely spotty but the views are pristine!
- Whistle
- Cash: For incidentals in town and to tip your guide.

#### Items Provided by Asheville Trekking Company

- Water purification: We use Sawyer Squeeze Filters and bring a chemical treatment as back-up.
- Camp stove
- Fuel
- Cooking pot
- Eating utensils
- First Aid Kit: Includes emergency medical kit, feminine products, toilet paper, sunscreen, bug spray, hand sanitizer, matches, Benadryl, and an emergency blanket.

- Compass and maps
- Trekking poles

You are welcome to supplement any of these items with your own items or personal gear if you already have it.

#### Packing Notes -

- Avoid cotton clothing. It does not dry quickly and can cause irritation. Also, it's heavy to carry when wet.
- Don't bring extra clothes or items you don't need. Extra socks and underwear are okay, because they don't take up much room. Ask your guide if you have any questions.
- We recommend storing all gear and clothing in plastic zip-lock bags or trash bags. Even if there is not rain in the forecast, weather can change quickly in the mountains and it is best to be prepared.
- Don't feel like you need to buy new fancy gear for this trip. Comfortable athletic clothes are great to hike in, and most items can probably be borrowed from a friend or rented from Asheville Trekking Company.
- We often get asked if guides may accept tips. Tipping is accepted for good service. Industry standard is 15 - 20%.

#### Expectations

- Plan to carry all necessary gear and leave extra items behind (your guide will inspect your gear before the hike). Also, you should expect to walk 6-8 hours per day over moderate to difficult terrain.
- Tell the hike leaders of any medical conditions, dietary needs, or personal concerns before the trip.
- Come with a good attitude and a group mentality. This will be an amazing and potentially life-changing experience!