



5 Day Trip Grand Teton Area Wilderness 2019 Packing List



The following list of clothing and equipment is what you will need for your backpacking trip. If you would like to save money, consider borrowing or buying used gear.

Clothing

- T-shirts (3 or 4)
- Long sleeved shirt (1)
- Shorts (2 pairs – Nylon is preferred)
- Pants (1 pair – Nylon is preferred)
- Warm Sweater or Fleece
- Raingear (Raincoat or sturdy poncho)
- Underwear (5 pairs – Cotton is okay)
- Hiking Socks (3 pairs)
- Wool or Fleece Stocking Cap/Gloves
- Bandannas (1 or 2, optional – Nice for washing up in streams/lakes)

Gear/Equipment

- Boots (See below for more info)
- Sport Sandals
- Small Flashlight or Headlamp
- Camera (Optional)
- Water Bottle (1, Nalgene style works best)

Personal

- Small Bible (Old and New Testaments)
- Journal (We will give you one, but bring yours if you'd like) and pen
- Insect Repellent
- Sunscreen
- Toothbrush/paste
- Personal Medications
- Ziplock Bags (For your Bible/Journal, camera and any other personal items you don't want to get wet)
- Pillowcase (Optional – Fill with clothes at night to use for a pillow)



- *High ankle boots are required. Be sure to get your boots at least a month before the trip and break them in. You will get blisters and be very uncomfortable if you wear boots you've never worn before. You will be on your feet all day and it is very important that your feet are comfortable.
- * For T-shirts/long sleeved shirts, cotton is okay to bring, but is the slowest to dry. Wicking fabrics are preferred if you have access to them.
- *Light weight is great. As you pack, think about how you can make your load lighter – a smaller sunscreen bottle, sharing toothpaste, etc. Please do not bring any more than the packing list suggests.
- *Please do not bring a knife or biodegradable soap.
- *You may want to bring a fresh pair of clothes to leave in the vehicle for the ride home.
- *Deodorant and other beauty products attract insects and animals and are therefore not recommended. You may, however, bring some to leave in the vehicle to use for the ride home.
- *Sleeping bag, backpack, tent, first aid, food, and eating utensils will all be provided for you.