

PACKING LIST – AUTUMN ON CAPE COD

FOOTWEAR

- 1 pair of lightweight hiking shoes or sturdy walking/running shoes: to be used for hiking & biking.
- 1 pair of comfortable water shoes (or Teva/Chaco/Keen sandal)
- 1 pair of shoes for walking around town (either your watershoes or hiking shoes can be used)
- 3 pairs of socks (1 should be wool or synthetic blend hiking socks)

CLOTHING

- 1 pair lightweight nylon/supplex hiking pants. Zip-offs are a good option.
- 1-2 pairs of shorts/3/4 pants: one could be a quick-drying nylon for kayaking/hiking/biking
- 1 lightweight, long-sleeved shirt for sun protection while hiking/kayaking/biking – button up front works well.
- 3 T-shirts or short-sleeved shirts (synthetic or lightweight wool is recommended for wicking and faster drying; one could be cotton)
- 1 lightweight fleece jacket
- 1 rain jacket/parka and pants
- Underwear/nightwear
- Swimsuit (for kayaking, or swimming – there is a pool the hotel in Hyannis and you will have free time to take a dip in the ocean if desired, nylon shorts can substitute for this)
- 1 wide-brimmed hat or ball cap for sun
- 1 – 2 changes of comfortable clothes to wear around the hotels and out to dinner (e.g. pants and/or skirt, with a couple of tops)
- 1 lightweight pair of gloves and hat – just in case

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia, and sanitary supplies
 - Sunscreen and lip protection with sunblock of at least SPF 15
 - Personal “patch kit”: Band-Aids, moleskin, ibuprofen, personal medications, if any.
- NOTE: Individuals allergic to insect bites must bring an anaphylactic kit. Please consult your doctor.**

ESSENTIALS

- Sunglasses (100% UV protection)
- 1 – 2 Bandanna(s)
- 1 daypack large enough to hold your supplies for the day (water, snacks, raingear, etc.)
- 1 one-quart water bottle or hydration system
- Ear plugs (for a good night’s sleep!)
- Your favorite snack- snacks will be provide but if you have items you prefer
- Capability to ‘waterproof’ your backpack. Either a rain cover or a heavy-duty plastic bag to line your pack.
- Plastic container for sandwich

OPTIONAL

- Book, notebook, journal, pencil/pen
- Binoculars
- Wrist watch with an alarm or travel clock
- Hiking poles
- Waterproof bag for holding small gear while kayaking
- Camera (extra battery/charger) and film/memory card

NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack! Please do not bring more than one duffel or suitcase.**

Daypacks: We recommend a daypack with a capacity of between 1500 and 1800 cubic inches (20-25 liters) as you will need large enough for all your items for the day. Please line your daypack with a durable plastic bag to keep your belongings dry if you do not have a rain cover. Before you leave home check to be sure that your daypack is comfortable to wear all day and that there is space for all of your items. Having a daypack with padded shoulder straps and a hip belt will provide for much more comfortable hiking.

Footwear: Well-fitting, trail shoes are very important to your safety and enjoyment. If you plan to buy new hiking shoes, break them in by wearing them around town and taking some short hikes *before* your trip. For general walking and hiking, lightweight cordura work well.

Personal First Aid Kit: Small first aid kit with familiar medicine you might need for personal use, ESPECIALLY blister or foot remedies like moleskin (not molefoam), gelskin, blister bandages or similar. The amount and kind you bring will depend on your tendency to blister but many people get blisters on hiking tours. Other suggestions: remedies for respiratory ailments? Stomach ailments? Sore muscles or joints? We will have a first aid kit too, but if you already know what works for you it's better to have it.

Clothing: Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity. You can use long underwear as your base layer, your mid-weight top or vest as your second layer, and your fleece jacket as a third layer. You use your rain gear as your outer layer, and warm hat and/or gloves as needed.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

Hydration: It is very important to your safety and enjoyment to have an *independent* ability for accessing your water. As you are hiking you will need water to be accessible in order to drink frequently. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are simply a collapsible water bag with a hose attachment that you drink from. These fit inside your pack with the hose positioned over your shoulder where you can access your water without the use of your hands. Some models are designed to attach to the outside of your pack. Bladder bags can hold 40-100oz. of water.

Trekking Poles: Trekking poles are optional for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, [click here to read this blog post](#) that addresses the most commonly asked questions.