

# PACKING LIST – BLUE RIDGE RAMBLING

- 1 pair of hiking boots/shoes (lightweight to midweight)
- 1 pair of comfortable athletic shoes, Keens, or Teva/Chaco sandals: for sightseeing and walking
- 1 pair of water shoes/neoprene socks, for rafting (you can use your walking shoes or athletic sandals if you're OK with getting them wet)
- 2-3 pairs of hiking socks: wool or synthetic equivalent (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

## CLOTHING

- 2-3 pairs of comfortable synthetic long (3/4) pants for hiking (and sightseeing) - zip-offs work well
- 2 - 3 synthetic or lightweight merino wool T-shirts or short-sleeved shirts
- 1 lightweight long-sleeved shirt for sun/bug protection - button up front is the best
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, or polypropylene)
- 1 midweight top – wool or synthetic. (A wool or fleece vest also works well for this layer)
- 1 fleece pullover/jacket
- 1 rain jacket and pants: a waterproof/breathable fabric like Gore-tex. (See 'notes on packing list' for specific details.)
- Underwear/nightwear
- 1 pair wool, Capilene, or Polartec gloves
- 1 warm wool or fleece hat
- 1 wide-brimmed hat/baseball cap/visor
- Swim Suit (if choosing mineral spring hot tub option)
- Comfortable, casual clothes to wear around the Inn and out sightseeing.

## TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Insect Repellent
- Personal first aid/ 'patch' kit/personal medications (see notes on packing list for details)

**Please note: Individuals allergic to insect stings must bring an epi-pen.** Please consult your physician and tell your guide.

## EQUIPMENT/ESSENTIALS

- 1 daypack large enough to hold your supplies for the day (See 'notes on packing list' for specific details.)
- Capacity to carry 2 liters of water (Please see Notes on Packing List)
- Capability to 'waterproof' your backpack. Either a rain cover or a heavy-duty plastic bag to line your pack.
- Sunglasses (100% UV protection) w/retention strap
- Trekking poles (very strongly recommended)
- 1 headlamp or small flashlight
- Bandana (for multiple uses)
- Plastic container for sandwich
- Wristwatch/travel alarm clock
- insect repellent

## OPTIONAL (personal preference, not required)

- Camera (extra battery/charger)
- Book/journal/pencil/pen
- 1 pair of quick drying shorts for rafting
- Playing cards, games
- Zip lock baggies for waterproofing electronics and misc. uses.
- Short Gaiter
- Your favorite snack (snacks will also be provided)

## NOTES ON PACKING LIST

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!**

**Daypacks:** Your daypack should be large enough to hold the following items: 1 liter of water, rain gear, lunch/snacks (for the day), sun screen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry and/or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.**

**Footwear:** Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

**Clothing:** The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your active wear! All active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. 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.

**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? Your wind/rain pants 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. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

**Hydration:** Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. 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 collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

**Trekking Poles:** Trekking poles are very strongly recommended 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.

**Personal First Aid Kit:** Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea