

# PACKING LIST - HARPERS FERRY HOLIDAY

## FOOTWEAR

- 1 pair of lightweight hiking boots: boots need to be well broken in and comfortable
- 1 pair of comfortable athletic shoes, Teva/Chaco/Keen sandals, or crocs for wearing around our hostel and town
- 1 pair of shoes that can get wet (may be the same as above)
- 2-3 pairs of hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

## CLOTHING

- 1 pair of comfortable synthetic/nylon long pants for hiking. Zip-offs work well
- 1 pair of shorts (optional, especially if you have zip-off pants)
- 1 lightweight, light-colored, long-sleeved shirt to protect you from the sun
- 1-2 synthetic T-shirts or short-sleeved shirts
- 1 lightweight fleece jacket or wool sweater
- 1 rain parka AND rain pants: coated nylon or a waterproof/breathable fabric like Gore-tex.
- Underwear/nightwear
- 1 wide-brimmed hat or baseball cap for protection from the sun
- Comfortable clothes to wear at the hostel (could be sweats)
- Casual dress, skirt, or pants and shirt for wearing to dinner
- Lightweight gloves and hat for cooler temps

## TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, wet wipes, contact lens paraphernalia, and sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Insect repellent
- Small personal "patch kit": Band-Aids, Compeed or Second Skin, moleskin, cloth athletic tape, ibuprofen, personal medications, if any.

**Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.**

## ESSENTIALS

- Sunglasses (100% UV protection) with retention strap
- 1 daypack large enough to hold your supplies for the day (see notes on packing list)
- 1 waterproof backpack cover or trash bag to line your pack in case of rain (see notes on packing list)
- 1 - 2 water bottles with capacity for carrying a liter of water
- Hiking poles (recommended but not required)
- Ear plugs (for a good night's sleep!)

## OPTIONAL

- Camera (extra battery) and film/memory card
- Book, notebook, journal, pencil/pen
- Binoculars
- Wrist watch/travel alarm clock
- Bandanna(s) – multi-useful
- Your favorite snack (snacks will be provided but bring anything you especially like or need)
- Padded bike pants and bike gloves - definitely bring them if you already own them

## NOTES ON PACKING

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions.

**Daypacks:** Your daypack should be large enough to hold the following items: 1 – 2 liters 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 20 – 30 Liters (1200 and 1800 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, 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:** We're doing three different activities on this trip and the footwear you bring will depend on your personal choice and what you have available. For hiking, a well broken in comfortable pair of lightweight hiking boots or shoes is necessary. You may be able to use these for biking, or you may want to bring biking shoes or athletic shoes. You do not need special shoes for paddling but they should be able to get wet; sports sandals (e.g. Chacos, Keens), that can also be used for walking around work well.

**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! It should all 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:** While a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from is ideal for hiking, water bottles that can hold a quart of water are preferable for canoeing and for biking. If you are only bringing one kind, we recommend water bottles for this trip.

**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.

**Trekking Poles:** Trekking poles are recommended for this trip. Trekking poles are always recommended for our hiking trips. 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, read this blog post that addresses the most commonly asked questions: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions> .