

PACKING LIST – SLACKPACKING MAINE

FOOTWEAR

- 1 pair lightweight to midweight hiking boots (Gore-tex, cordura, or leather).
- 1 pair comfortable shoes, ie athletic shoes, sandals, crocs for wearing after hiking.
- 2 pair thin liner socks: silk or synthetic equivalent (**optional**, some women prefer not to wear them)
- 3-4 pair hiking socks: wool or synthetic equivalent (Coolmax, Thorlo, Smartwool, etc.)

CLOTHING

- 1 pair comfortable, lightweight, synthetic hiking pants (Supplex, or nylon/polyester/spandex blend) (Optional – an additional pair of hiking pants --- Maine can be quite muddy)
- 1 pair of hiking shorts or zip-off pants (it can be warm this time of year as well as cool)
- 1 long-sleeved, lightweight shirt for protection from sun while hiking
- 1 lightweight long underwear top: silk, wool or synthetic equivalent (Capilene, Thermastat, or polypropylene)
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent. A fleece vest is also a good option.
- 1 lightweight fleece
- 2-3 synthetic t-shirts or short-sleeved shirts
- 1 wide-brimmed hat or ball cap for protection from sun
- 1 lightweight wool/fleece hat or a buff
- 1 lightweight pair gloves: wool, Capilene, or Polartec
- 1 rain parka **and** rain pants: a waterproof/breathable fabric like Gore-tex.
- Underwear / Nightwear
- 1-2 casual/comfortable pants and shirts for after hiking
- 1 long-sleeved shirt/sweater to wear around the lodge

EQUIPMENT/ESSENTIALS:

- 1 pair Trekking poles (Required)
- 1 daypack: large enough to hold water, lunch, raingear, camera, snacks, extra layers, patch kit and sunscreen. (See notes on packing list).
- Capacity to carry 3 liters of water
- Pack cover (alternative; heavy duty plastic bag to line your backpack for waterproofing)
- Tupperware type container for lunch/sandwich.
- Sunglasses (100% UV blocking) with retention strap
- 1-2 bandannas
- Sunscreen and lip block with SPF of at least 15 and Bug Spray
- Your favorite snack (snacks will be provided but if there is something you especially like bring it along)
- Ear plugs (for a good night's sleep!)
- Small headlamp (a flashlight is NOT adequate)

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
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications

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.

OPTIONAL

- Camera and film/memory card (extra batteries)
- Short gaiters
- Pocket knife
- Reading material
- Compact binoculars
- Wrist watch/travel alarm clock
- Journal and pen
- Flip flops/shower shoes

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. At the same time, you must be able to carry your own luggage, sometimes up and down stairs.

Daypacks: Your daypack should be large enough to hold the following items: 3 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 30 – 40 Liters (1800 and 2400 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. 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. **IMPORTANT: 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.**

Pack Cover: These are waterproof/resistant, usually elasticized covers designed to go over your backpack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built in pack covers. An alternative to purchasing a pack cover is to use a heavy-duty, plastic bag to line your pack to protect the contents from rain – your pack however will get wet using this method.

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! 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. Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

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.

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, a small roll of duct tape (always useful!), personal medications. 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 required 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, 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>