Backpacking
General pack list. Your guides will go over more specific information at the pre-trip meeting.

OA provides:
- All Equipment
- First aid kit
- Water Pumps
- Transportation
- Food

You Provide:

**Clothing**

**Feet**
- Synthetic/wool socks (at least 2 pairs)
- **Hiking boots** or athletic shoes
- Water/camp shoes

**Lower Body**
- Hiking pants/shorts
- Synthetic/wool base layer
- Sweat pants/sleepwear
- Rain pants

**Upper Body**
- Synthetic t-shirt
- Synthetic/wool long underwear
- Mid-layer fleece
- Warm outer layer
  - Down, wool, sweater, or fleece
- Rain Jacket or Poncho (can rent)
- Warm beanie, fleece/wool hat
- Gloves
- Sun hat/ cap

**Food**
- Snacks
- Water (2 Liter Holding Capacity)
- Plastic bowl/utensils/mug

**Other Items**
- Special medications
- Prescription eyeglasses
- Plastic & Zip-loc bags & trashbags
- Toothbrush & travel-size toothpaste
- Trash bags: to keep clothing & sleeping bag dry
- Ziplock bag within an opaque bag or paper bag for toilet paper and other waste
- Money for possible meals, souvenirs and park entrance fee
- Sunglasses
- Sunscreen and Lip Balm

Please Do NOT Bring:
- Cotton clothing (jeans are cotton)
- Text books
- Drugs, Alcohol or Weapons
- Drones