

Mountain to the Sea PACKING LIST

All items are necessary; however, you may choose to reduce the quantity of some items because they may be worn more than once.

- CLOTHING:**
- (1) Nylon windbreaker
 - (3) Long pants, one lightweight (nylon wind pants work well)
 - (6) Shorts
 - (1) Shorts with longer legs and no chafing seams for bicycling
 - (2) Swimsuits
 - (1) Fleece and/or some form of warm top with moisture wicking ability
 - (1) Set of synthetic underwear such as polypropylene or capilene
 - (10) Socks, cotton
 - (2) Sets wool socks and sock liners
 - (13) Underwear
 - (14) Shirts
 - (1) Rain gear, poncho or rain suit
 - (1) Hat
- FOOTWEAR:**
- Hiking boots
 - Sturdy shoes for cycling
 - Old shoes for canoeing (must fasten securely, will get wet)
- TOILETRIES:**
- Toothbrush/paste
 - Shampoo
 - Soap and soap box
 - Feminine hygiene supply
 - Comb/Brush
 - Deodorant
- OTHER:**
- Laundry bag
 - Book to read
 - Notebook (4 x 6) for journal
 - Pen
 - Pocket knife (no sheath knives)
 - Bring a spoon
 - Bowl
 - Water Bottle
 - Flashlight w/ extra batteries (small)
 - Insect repellent (35% DEET recommended)
 - (2) Towels
 - (2) Bandannas
 - (10) Large Zip lock bags
 - (5) Large garbage bags (for pack liners)
- OPTIONAL:**
- Bible
 - Camera, film
 - Stationary, stamps
 - Fishing equipment
 - Pillow
 - Sunglasses
 - Lock and key for footlocker*

*Note: Please bring at least one duffel bag or soft sided luggage.

Revised: 3/17/06