## Wilderness Trails Outfitters -Packing List

## Welcome to Wilderness Trails Outfitters!

We've put together this list to help you prepare for the trip of a lifetime. We've included links with products that will meet your needs. It is not necessary to purchase these exact products, but please take a look to see examples of what will work.

Please do not hesitate to reach out to us if you have any questions or would like help selecting the right items for your trip. Give us a call at (307) 733-5171 or email <a href="mailto:reservations@wildernesstrailsinc.com">reservations@wildernesstrailsinc.com</a> and we'll be happy to chat.

Because our animals are carrying all our personal items and shared gear, we limit the amount of personal gear you may bring. This protects the health and safety of our livestock.

## **Upper Body Clothing** Layers are your friend in our high mountain climate! Chilly mornings, warm days, and cool nights mean that you'll need to add and shed layers as the weather changes. Base layers wick moisture away, provide some insulation, and protect you from the sun. Mid-layers provide warmth. Rain layers protect you from water and wind. Look for synthetic, silk, or wool materials that dry quickly and retain their warmth when wet (cotton does not do **Equipment** Links to Sample **Notes** $\Box$ **Products Required Items** Merino Wool Mid-weight long underwear top, wool or (select the 165 if synthetic you run warm, the Base layer (long 250 if you run cool underwear) - these come with a free pair of socks) **Synthetic** Middle layer Fleece jacket or a wool sweater Fleece jacket (fleece jacket or П Merino hoodie wool sweater) A warm, synthetic or down "puffy" jacket that fits over your other layers and under Synthetic jacket your rain jacket. A hood is recommended. Insulated Jacket $\Box$ Down jacket For September trips, you may want a lightweight jacket and a heavier jacket. A sturdy waterproof jacket or slicker with a hood. Both coated nylon and breathable fabrics are acceptable. Slickers are long jackets that split at the legs in order to Rain Rain Jacket jacket/Slicker Slicker cover you while you ride. If you bring a jacket rather than a slicker, you may wish to bring rain pants to keep your legs dry if it rains while riding. A button-down, long-sleeved shirt to protect skin from the elements. Wool, Long-sleeved Pearl snap shirt work shirt or sun synthetic, or cotton are all acceptable. П Sun Shirt

Instead of a button down, you may prefer a lightweight synthetic or natural fiber

shirt

		(non-cotton) hoody, which will provide both sun protection and work as a base layer.
T-shirt	Synthetic T-Shirt	A lightweight cotton, synthetic, or wool t-shirt
Sports bras	<u>Sports Bra</u>	Medium/high support

Lower Body Clothing				
	Equipment	Links to Sample Products	Notes	
		Required	l Items	
	Base layer (long underwear)	Merino Wool (select the 165 if you run warm, the 250 if you run cool - these come with a free pair of socks) Synthetic	Mid-weight synthetic or wool bottoms	
	Middle layer (fleece pants)	<u>Fleece lined</u> <u>long underwear</u>	For September trips or if you tend to get cold, mid- or heavy-weight bottoms that fit comfortably over the base-layer bottoms. Fleece pants or insulated (puffy) pants are both acceptable.	
	Denim jeans (2 pairs)	Riding jeans	Comfortable, sturdy jeans that you can move around in. Large enough that they can be worn over long underwear.	
Optional Items				
	Hiking pants, leggings, or shorts	Hiking pants Leggings 4" shorts 7" shorts	If you intend to hike on your trip you may be glad to have nylon or synthetic pants, leggings, or shorts. These should fit comfortably over lower-body base layers.	
	Rain pants	<u>Rain pants</u>	If you are bringing a rain jacket rather than a slicker, you may be glad to have rain pants.	

Head, Neck, and Hand Layers			
Equipment	Links to Sample Products	Notes	
Required Items			
Cowboy hat, Baseball cap, or wide-brim sun hat	<u>Cowboy hat</u> <u>Cowboy hat</u>	Whatever you choose to bring, please ensure that it has a good fit so that it will stay on in the wind. Note that straw cowboy hats will not tolerate rain and will be destroyed if they get significantly wet. Felt or palm leaf hats are a better option.	
Warm Hat	<u>Beanie</u>	Warm, thick wool or synthetic hat.	
Gloves	<u>Unlined gloves</u> <u>Lined gloves</u>	Leather gloves, lined if you tend to get cold, unlined if you don't. If you tend to get cold you may wish to bring a pair of liner gloves to put underneath a pair of heavier gloves.	
Optional Items			
Neck Gaiter	Buff neck gaiter	Neck gaiters are synthetic pieces of multi-functional headwear (hat, bandana, neck warmer, etc.) that many folks use in the outdoors. Buff is a common brand	
Silk scarf/wild rag	<u>Wild rag</u>	This is a great, lightweight cowboy accessory that provides extra warmth and protection from wind and insects.	
Toiletries	Toiletries		
We follow strict bear protocols - please make a point of looking for unscented products. All toiletries (even unscented ones) must be placed in our bear resistant boxes at night or stored in your vehicle. It is dry and the sun is strong in the mountains-consider how you can provide sun protection for yourself.			
Equipment	Links to Sample Products	Notes	
Required Items	Required Items		
Lip balm	SPF 30 lip balm	Stick, cream, or tube-type moisturizing balm, SPF 15 or greater. Products with zinc provide superior protection.	
Sunscreen	70 SPF sunscreen	At least 3-6 oz., SPF 30 or greater. Products with zinc provide superior protection.	

Dental Care	Travel toothpaste Travel toothbrush and toothpaste kit	Please pack trial/travel size products.
Skin Care	Disposable wipes Eucerin travel size Face sunscreen	You may want to consider lotion* (preferably unscented) or Vaseline in 3-5 oz travel-sized bottle, wash cloth-sized pack towel for backcountry bathing. The air is very dry here - you may need a heavier lotion than what you use at home. The sun is also very intense, if you use products that increase your sensitivity you UV, consider skipping that part of your routine on your trip.
Hair Care	<u>Spiral hair ties</u>	Comb, brush, hair ties etc.
Menstrual products	Saalt menstrual cups	Bring the products which work well for you, and bring slightly more supplies than you think you might need.
Personal Medications	Nuun electrolytes	Any prescriptions/supplements. Consider bringing an electrolyte to add to water.
Miscellaneous I	tems	
Equipment	Links to Sample Products	Notes
Required Items	<u>-</u>	Notes
	<u>-</u>	Wide-mouth, hard sided Nalgenes work well. We require that everyone have 2 liters of capacity.
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Required Items  Water bottles	Products  Nalgene	Wide-mouth, hard sided Nalgenes work well. We require that everyone have 2 liters of capacity.  Useful for a variety of purposes from wiping post-pee to sneezing to a cooling
Required Items  Water bottles  Bandana (1-2)	Nalgene  Bandanas  Black Diamond	Wide-mouth, hard sided Nalgenes work well. We require that everyone have 2 liters of capacity.  Useful for a variety of purposes from wiping post-pee to sneezing to a cooling neck tie.

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Option	nal Items		
	ook or reader	<u>Kindle</u>	A lightweight paperback book or e-reader.
Camer	ra/GoPro	<u>GoPros</u>	GoPros and lightweight digital or 35mm cameras; bring a protective case. Please get in touch with us if you'd like to bring elaborate camera setups or large lenses.
	glasses tainer	<u>Chums</u>	Chums or Croakies for keeping track of your glasses or sunglasses.
beac	imsuit, h towel, er shoes		If you wish to swim in our swimming hole
Footwo	ear		
Equip	ment	Links to Sample Products	Notes
Requi	red Items		
Cowb	ooy boots	Ariat square toe boots	Either pull on or lace-up styles. Wear them with the socks you will wear on the trip to test their comfort before your trip! before coming are acceptable. Should fit with a thick pair of wool socks. Boots should have at least a one-inch heel. Please do not bring extra-large work boots, as they will be too wide to fit into the saddle stirrups.
Woo	ol socks	Wool socks	Midweight socks. Recommended to bring a pair for each day and an extra pair to leave in your sleeping bag for sleeping.
Cam	p shoes	<u>Camp shoes</u>	Running, tennis, or cross-training shoes. Can double as your hiking shoe. Open-toed footwear is not allowed around horses.