Lodging/Hiking Equipment List

LASTING ADVENTURES, INC.
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We can provide Gregory daypacks and LEKI trekking poles. Group gear, including first aid and water purification, is also included. Indicate any gear needs on your Medical Form/Gear Request. See link in the confirmation email and/or here: Forms. To make changes to your Gear Request, email us at staff@lastingadventures.org. If you have gear you are comfortable using, we recommend that you use your own.

The following list will prepare you for the hiking portion of your trip. You will be returning to a resort-style lodge every evening. Rush Creek Lodge has hot tubs, a swimming pool, fire pits, a restaurant & pub, and a game room. You are welcome to bring any additional items not listed below that will make your resort stay more enjoyable, as the packing list below will only address the hiking days.

Food

If you have dietary concerns, please indicate on your Medical Form, and guides will reach out as needed.

- ☐ **Snacks and Drinks** (optional)**:** We have arranged nutritious and tasty lunches and snacks. You are welcome to bring some of your favorite snacks instead.

Hiking Gear

- ☐ **Daypack*:** Provided as requested. A pack that is comfortable and will hold 2+ liters of water, snacks, and clothing layers will be sufficient (roughly 20-35L). We recommend a pack with a waist belt for comfort.
- ☐ **Shoes or boots:** If you are used to boots, wear hiking boots; if you are used to shoes, wear trail/hiking shoes. It must have sufficient tread and be in good repair. *(examples: Scarpa, Merrell, Altra)*
- ☐ **Socks:** 2-3 pairs, wool or synthetic. Cotton is not advised. *(ex: Smartwool, Darn Tough, REI)*
- ☐ **Underwear/ Undergarments:** Synthetic fabric for hiking.
- ☐ **Pants/Shorts:** 1-2 pairs of synthetic fabric for hiking.
- ☐ **Shirts:** 2-3 short sleeved synthetic for hiking and 1 long-sleeved.

Weather Gear

Check the weather: **Yosemite | Olympic**

- ☐ **Jacket:** 1 warm down or synthetic jacket for mornings and nights.
- ☐ **Mid-layer:** 1 fleece or wool jacket for comfort at night.
- ☐ **Waterproof Shell:** Waterproof and lightweight top (with hood).
- ☐ **Hat:** 1 brimmed hat for sun protection.
- ☐ **Beanie:** Head warmth for early morning starts.
- ☐ **Gloves/Mittens:** Light to midweight gloves for cold mornings and nights.

Accessories

- ☐ **Sunglasses:** Protects eyes from harmful UV rays.
- ☐ **Personal Medications:** Clearly labeled and discussed with guides upon arrival, in case of emergency.
- ☐ **Flashlight:** A headlamp is preferable, and a small handheld is acceptable.
- ☐ **Water Bottle/Bladder:** Bottles or hydration bladder. Minimum 2 liters. *(ex: Nalgene, Camelbak, Osprey)*
- ☐ **Bandannas/Buffs:** 1-2 any color. Used for sun protection, sweatbands, and emergency tissues.

- [ ] **Mosquito Head Net:** Small, can be pulled over a hat. Not usually needed after mid-August. *(ex: Coghlan)*
- [ ] **Face Mask/Covering:** Recommended for populated areas, cold weather, or potential smoke.

Optional Items

- [ ] **Trekking Poles*:** Provided as requested. Recommended, not required. Reduces the impact on the knees**.**
- [ ] **Camera:** Digital and film allowed. Place in a small resealable plastic bag.
- [ ] **Gratuities:** For the guides. Although not required, they are much appreciated. Typically gratuities range from 10-20% of your total cost, not per guide.

NOTES

- Lasting Adventures can provide trekking poles and daypacks. If you need to borrow these, please indicate this on the Medical Form/Gear Request sent to you immediately after booking. If you are not the trip leader, please contact them to have them enter your email address so they can send your forms.

- We recommend against using cell phones and listening devices while on the trail to help you fully appreciate the wilderness experience. If you choose to bring a cell phone or other electronic device, please store it in a Ziploc or protective bag.

This is a recommended list and may not be complete for your needs. Please feel free to contact us if you have any questions. Our number is (800) 513-8651 and/or email at Staff@LastingAdventures.com.