



## Green Room Outside (GRO) Gear & Packing List

### Provided by GRO

Ultralight Gear: tent, sleeping bag, sleeping pad

Group Cooking Gear: stoves, pots, fuel

Your Dishes: cup, bowl, spork

Water Filter System: for drinking & cooking

Nighttime food hanging or storage system (bear/critter deterrent)

Light-weight solar lantern

Light-weight waterproof compression stuff sack for clothing

Lightweight waterproof sack as backpack liner

Personal Bathroom Kit: Trowel, Toilet Paper, Ziplock Bags (2 gallon size), wipes, hand sanitizer

Garbage system: 1 Gallon Sized Ziplock bag labeled "Garbage" to put all your trash in to pack out. There are no garbage cans out on the trail.

Breakfast | GRO's homemade happy backpacker breakfast blend, coffee/tea

Dinner | backpacker meal (choose between an assortment) & dessert bite/tea

Recipes for DIY: lunch, snacks

### Rental options:

Ultralight Backpacking Pack | \$50

The Rain Wrap | \$5/each [check out the rain wrap here](#) handmade in Minnesota by Enlightened Equipment, the rain wrap offers ultralight, functional rain coverage.



## You Bring (Required)

### Equipment

Backpacking Pack (Multiday, 50-70L) \*rental option

Backpack Rain Cover \*comes with rental option

### Clothing

Base Layer Tops & Bottoms (lightweight, synthetic or wool - no cotton)

Fleece/Wool Hat

Hiking Boots/Shoes (that you have tried out for at least 8 hrs on 2 consecutive days of walking)

Hiking Pants (quick dry, lightweight) – I like to use zip off pants to convert to shorts if I get warm, but this is based on your preference and the season/temps.

Hiking Socks (synthetic or wool) X 2 or 3

Underwear X 2 or 3 (I like merino wool undies)

Insulated Jacket and/or Vest

Long Sleeve Shirts (2) (lightweight, synthetic or wool) or 1 long sleeved shirt & arm warmers to pair with a short sleeved shirt

Short Sleeved Shirt (lightweight, synthetic, or wool) to wear alone or as a base layer)

Rain Jacket (hooded, lightweight, waterproof, breathable)

Rain Pants and/or Rain Wrap (lightweight, waterproof, breathable)



## Miscellaneous

Lunch & Snacks

Headlamp

Prescription meds & any personal medical supplies you want

Any additions to your personal bathroom kit (tampons, extra wipes, etc.)

2 Water Bottles that fit into the stretch mesh side pockets of your pack (my favorite are 32oz Gatorade bottles – they seem to fit perfectly into my 58L Osprey Exo pack).

Whistle

## You Bring (Recommended)

Bandana or square of fabric to wipe face, nose, etc. (I like to tie this to one of the straps on the front of my pack so it is handy)

Comfy shoes for camp (Crocs or similar, lightweight clog style for foot protection – these can also be a backup shoe in the event of hiking shoe malfunction)

Gaiters (low) to keep rain and/or trail debris out of your shoe

Insect Repellant: PRIOR TO THE TRIP it is *highly* recommended that you treat your tent, pack, shoes and clothing (not undergarments) with an insect repellant such as Permethrin. Purchase a pump spray of this and use as directed. This is to avoid a tick bite (& Lyme's disease). Additionally if you are sensitive to mosquitos, you can bring a small bottle of insect repellant of your choice (Deet or a natural repellant).

Sun Hat

Sun block (I don't think you will need this, we will likely be in long sleeves or in the shade for much of the time)



Lip balm (unscented)

Sunglasses and/or if you wear glasses, a single glasses cleaner wipe (I put one in a small ziplock)

Trekking poles

Fresh change of clothes, shoes, snacks/food when we get back to vehicle (this is left in the vehicle during the hike)

6-8inch strip of Duct tape wrapped/attached to something else you are bringing (water bottle or hiking poles) – Why? Sticking a piece of Duct tape to an early hot spot that you feel on your foot can help prevent a blister from forming.

Personal First Aid Kit/Medications (lightweight, for items you know you are likely to need: for example, if you usually get a blister on your heel you should bring your own precut moleskin or blister bandages).

## **You Bring (Optional)**

Camp towel (a thin, quick dry, hand- or wash- clothed size can be nice, esp if it is hot and you want to wipe face, etc.). I only do this if I think it will be hot. I have used my bandanna as an alternative to a towel. It is quick dry, lightweight and I have it already (double duty items are great!).

Ear plugs

Liner Socks

Maps

Sliver of bar soap or small container of liquid soap (Dr. Bronner's or similar) if you have a personal preference or need for this (for your face, hands, or undergarments)

**| Participants will get a more specific list based on the season/current weather of the trip |**