

Packing List for Vermont Backpacking Trip



List may change based on weather, trail conditions, or other factors. Please be sure to check with your guide if you have any questions, concerns or want to change/substitute items.

Required

Backpacking Pack (Multiday, 50-70L) & Backpack Rain Cover

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 zip off pants that convert to shorts if I get warm

Hiking Socks (synthetic or wool) X 3

Underwear X 2 or 3 (I like merino wool)

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)

Lunch & Snacks

Headlamp

Prescription meds & any personal medical supplies

Any additions to your personal bathroom kit (tampons, extra wipes, chafing balm)

2 empty bottles that fit the side pockets of your pack (32oz Gatorade work well)

Whistle



Recommended

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

Comfy shoes for camp - Crocs or similar (*not open toed*) lightweight clog style for foot protection – these can also be a backup shoe in the event of hiking shoe problem.

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 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

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 vehicles (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).



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!).

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

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)