



Paleo Trek Packing List

We cannot wait for you to join us on trek! One of the keys to a successful expedition is having just the right equipment. We do consider everything on this list to be essential. Cottonwood Gulch will provide all the necessary group gear. Please feel free to call with questions!

Luggage:

- 1 day pack (20-30 liters)
- 1 duffel bag (luggage with wheels is challenging on dirt pathways)

Clothing:

- 1 set of rain gear
- 1-2 warm layers for night use
- 1 warm hat and 1 wide brim or baseball hat
- 4-5 t-shirts
- 2 long sleeve shirts (both for sun protection during the day and for warmth at night)
- 3 pairs of shorts
- 2 pairs of long pants
- 5-7 pairs of socks
- 7-10 pairs of underwear
- 1 pair of pajamas
- 1 swimsuit (suitable for athletic activity)

Sleeping Gear:

- Sleeping bag
- Sleeping pad
- Pillow (preferably a small camp pillow or a stuff sack with extra clothing in it)

Toiletries:

- Toothbrush and toothpaste
- Sunscreen (at least SPF 30)
- Lip balm

Basic Gear:

- 1 headlamp or flashlight (plus extra batteries)
- 3 one-liter water bottles
- 1 towel
- 1 pair of work gloves
- Journal and pen
- Laundry bag

Optional:

- Camera
- Sunglasses
- Bandanas
- Stationary and envelopes (pre-addressed and pre-stamped is great for sending letters home)
- Book

**Please do not bring any weapons, food or gum, fireworks, personal electronics, or illegal substances.*