



# WCT, TT, PT, and MDT 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 internal frame backpack (WCT, TT, and PT: 50-70 L for MDT: 65 L minimum)

## **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
- 2-3 long sleeve shirts
- 3 pairs of shorts
- 2 pairs of long pants
- 5-7 pairs of socks
- 1 pair of hiking boots, 1 pair of sneakers (some trekkers enjoy having Crocs or something similar as well)
- 7-10 pairs of underwear
- 1 pair of pajamas
- 1 swimsuit (suitable for athletic activity)

## **Sleeping Gear:**

- Sleeping bag and stuff sack
- Sleeping pad
- Pillow

## **Toiletries:**

- Toothbrush and toothpaste
- Sunscreen
- 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
- Book

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