

THE ROAD

LESS TRAVELED®

Aloha 'Aina Packing List

You may already own many of the items on this list. Clothing will receive hard use. We strongly recommend you borrow what you do not already have from friends or relatives, or bring old or used gear. Before you purchase any gear, be sure you read the "Guidelines for Gear" on the other side. All of the items listed below should be brought on your program. If you are missing gear, you may not be able to participate on a section of a program. **IMPORTANT NOTE:** No valuable or sentimental jewelry, expensive cameras, etc. should be brought on the expedition. Please do not bring any items that are irreplaceable. **IPods and other devices are not permitted.** These expeditions are designed for participation and personal listening devices take a person out of the group. Label everything.

These clothing lists are annually reviewed and updated with the help of our leaders, who participate on the specific program. Please keep in mind that they are compiled with the idea that specific weather could occur on your trip. It might be sunny and you won't use your rain gear, or it may be warmer than usual, and you might not use your warm layers or long sleeve garments. It is better to be prepared, than to be wishing you had brought something.

LUGGAGE	PERSONAL GEAR
<input type="checkbox"/> large duffel bag or suitcase (approx. 7800 cubic inches or 12"x24"x36")	<input type="checkbox"/> dark lens sunglasses (UV resistant)
<input type="checkbox"/> large size day pack	<input type="checkbox"/> 1 12 oz insulated mug, 1 bowl, 1 spoon
	<input type="checkbox"/> 2 one liter durable water bottles
	<input type="checkbox"/> 1 bandana
SLEEPING GEAR	<input type="checkbox"/> notebook/journal
<input type="checkbox"/> sleeping bag rated to 40°F (No down-filled bags)	<input type="checkbox"/> extra batteries (for camera, headlamp, etc)
<input type="checkbox"/> sleeping bag compression sack	<input type="checkbox"/> writing materials (pen, pencil, stationery)
<input type="checkbox"/> sleeping pad (i.e. Therm-A-Rest)	<input type="checkbox"/> headlamp
<input type="checkbox"/> clothes for sleeping in (t-shirt and shorts)	<input type="checkbox"/> prescription glasses (Required: contacts or glasses - bring
	an extra pair of glasses and a copy of your eye glass Rx)
UPPER BODY	<input type="checkbox"/> luggage locks for use in Hawaii, NOT while flying
<input type="checkbox"/> 4 short sleeve t-shirts ("quick dry" is ideal)	TOILETRIES
<input type="checkbox"/> 2-3 work shirts (old clothing you do not care about)	<input type="checkbox"/> insect repellent
<input type="checkbox"/> 1 set lightweight rain gear <i>with hood</i> (jacket & pants; i.e. Gore-Tex)	<input type="checkbox"/> sunscreen (30+ SPF - 2 tubes!)
<input type="checkbox"/> 2 long sleeve shirts (at least 1 that is white) Mandatory	<input type="checkbox"/> soap (small bar/container)
<input type="checkbox"/> 1 wool or fleece over-sweater	<input type="checkbox"/> shampoo (small container)
LOWER BODY	<input type="checkbox"/> toothbrush & toothpaste
<input type="checkbox"/> 1 pair jeans or similar for plane ride	<input type="checkbox"/> deodorant
<input type="checkbox"/> 6 pairs underwear ("quick dry" style is ideal)	<input type="checkbox"/> feminine sanitary products
<input type="checkbox"/> 4 pairs shorts (this will receive hard use; at least 1 "quick dry")	<input type="checkbox"/> laundry bag
<input type="checkbox"/> 1 pair lightweight hiking pants	<input type="checkbox"/> alcohol-based hand sanitizer
<input type="checkbox"/> 2 swimsuits (at least 1 one-piece for girls - no bikinis!)	<input type="checkbox"/> lip balm w/ SPF
	<input type="checkbox"/> moisturizing lotion
HEAD AND HAND	<input type="checkbox"/> "quick dry" towel and washcloth/1 beach towel
<input type="checkbox"/> sun/rain hat with brim (i.e. baseball hat)	<input type="checkbox"/> Gold Bond medicated powder
<input type="checkbox"/> Goggles/Mask	<input type="checkbox"/> 4 gallon size ziploc bags, 4 quart size ziploc bags
	<input type="checkbox"/> 1 itch stick/calamine lotion
FOOTWEAR	OPTIONAL GEAR
<input type="checkbox"/> 1 pair sandals with snug heel straps (i.e. Tevas, Chacos)	<input type="checkbox"/> Crazy Creek camping chair
<input type="checkbox"/> 2 pairs wool socks and 2 pairs cotton socks	<input type="checkbox"/> camera w/ film and waterproof camera bag
<input type="checkbox"/> 1 pair sneakers	<input type="checkbox"/> sketchbook, novels, other reading material
<input type="checkbox"/> 1 pair flip flops	<input type="checkbox"/> keeper straps for sunglasses
<input type="checkbox"/> 1 pair lightweight hiking boots or sturdy work boots	<input type="checkbox"/> wristwatch (with alarm)
*sturdy "trail runner" style shoes can be substituted (not new!)	<input type="checkbox"/> 1 pair warm pants (wool or fleece)
<input type="checkbox"/> 1 pair sock liners (polypro/silk/wool)	<input type="checkbox"/> dry bag
	<input type="checkbox"/> motion sickness medication (important for sailing!)
	<input type="checkbox"/> 2 CD's for use in van on travel days
	<input type="checkbox"/> deck of cards
	<input type="checkbox"/> water shoes (neoprene)
	<input type="checkbox"/> 1 sarong (works as a towel, an extra sheet, or quick cover-up)



Guidelines for Gear

WHERE TO SHOP

There are many places to purchase your gear and clothing for your trip including traditional stores and online shops. It is easy to buy clothing and accessories online, but if you are buying boots we recommend that you go to a store rather than shop online as it is next to impossible to get the exact fit you need without trying on these items. An excellent fit is critical to your comfort.

REI is one of the leading national sellers of quality gear and hiking boots. Visit www.rei.com to view their inventory and find the store nearest you. Other store options include Eastern Mountain Sports (EMS), North Face, Patagonia, and Moosejaw Mountaineering. When going to a store take this equipment list with you and feel free to call us 800-939-9839 if you have any questions while at the store. You can find great deals online at: www.sierratradingpost.com, www.backcountry.com and www.campmor.com. For many items on this list, it is not necessary to shop at these stores; stores like Target and TJ Maxx sell many of these items, such as "quick dry" fabrics, at discounted prices.

PACKING FOR YOUR TRIP

All gear should be packed into the duffel bag or suitcase. Your duffel should be soft and large enough to carry all of the gear listed on the equipment list. Wheels are fine, but not necessary. Pack by category in labeled stuff sacks so you don't have to constantly pack and repack.

Never check items you can't afford to lose. You should use your day pack to carry on important items including identification, medication, passports, cameras, etc. It's also a good idea to carry on toiletries, a fleece, water bottle, and rain jacket, in case delays or cancellations occur. Please review the latest security measures regarding carry-on luggage at www.tsa.gov.

SLEEPING GEAR

Sleeping pad: Should be closed-cell foam (e.g. ensolite) and 3/8" thick. Therm-A-Rest pads (inflatable) are also excellent but weigh a little more. Length should be 3/4 or full body length. These are used for padding and insulation between the sleeping bag and the ground. If you bring a Therm-A-Rest, consider bringing a patch kit as they are prone to leaks.

Sleeping bag: There are many excellent synthetic filled sleeping bags available that are much less expensive than down-filled bags and maintain insulative properties when wet. **NO DOWN-FILLED BAGS ON ALOHA 'AINA!**

Sleeping bag stuff sack: You will need a stuff sack for travel and front-country days. Make sure your stuff sack is the right size for your sleeping bag. We recommend compressible stuff sacks!

COTTON, WOOL AND FLEECE

Cotton is comfortable, but provides little warmth. Cotton long underwear is virtually worthless when it is cold out. It absorbs moisture, which then cools the skin. Mountain weather ranges from sunny and warm to wet and cold. Your comfort and safety depend on your clothing's ability to keep you warm and dry. In other words, leave your cotton long underwear at home.

Polypropylene/Capilene® and other synthetic fabrics act much like wool and are ideal for undergarments. They are warm, light and more comfortable on the skin than wool.

Wool maintains its ability to insulate even when wet because it wicks moisture away from the skin.

Polyester fleece acts in much the same way as wool and has been fashioned into comfortable sweaters, jackets, and just about anything else you can imagine.

RAIN GEAR

Good rain gear is a must - hoods required! There is a vast selection of clothing available designed to shed wind and rain. Whether it is made of coated nylon or a material with a breathable laminate (e.g. Gore-Tex), a good rain jacket is light, comfortable, durable, and keeps the rain out. Plastic is not acceptable rain gear. Make sure you choose a **waterproof** option, not just water repellent.