

THE ROAD

LESS TRAVELED®

El Sendero 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. This being said, you must be able to lift your bag; excessive baggage draws attention to travelers and can make you a target in large crowds. Please stick to what is on our packing list and use acute discretion with additional items.

LUGGAGE	PERSONAL GEAR
<input type="checkbox"/> large duffel bag or suitcase (approx. 7800 cu. inches or 12"x24"x36" – wheels are fine, but not necessary)	<input type="checkbox"/> large stuff sack (for all clothes left behind during an activity)
<input type="checkbox"/> large size day pack (approx. 1000-2000 cubic inches)	<input type="checkbox"/> dark lens sunglasses (UV resistant)
	<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) or a lightweight sleeping sheet/sleeping bag liner (polypro)	<input type="checkbox"/> zip-loc bags (various sizes for organization and dry storage)
<input type="checkbox"/> sleeping pad (i.e. Therm-A-Rest)	<input type="checkbox"/> extra batteries (for camera, headlamp, etc)
<input type="checkbox"/> sleeping bag stuff sack (compression style is best)	<input type="checkbox"/> writing materials (pen, pencil, stationery)
<input type="checkbox"/> clothes for sleeping in (t-shirt and shorts)	<input type="checkbox"/> headlamp
	<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"/> 2 copies of your passport kept in a safe place
<input type="checkbox"/> 3 old work t-shirts (clothing you don't mind getting dirty!)	
<input type="checkbox"/> 2 "quick dry" shirts (one long sleeve and one short sleeve)	
<input type="checkbox"/> 2 comfortable t-shirts for travel days	TOILETRIES
<input type="checkbox"/> 1 lightweight thermal underwear top	<input type="checkbox"/> insect repellent
<input type="checkbox"/> 1 wool or fleece over-sweater	<input type="checkbox"/> sunscreen
<input type="checkbox"/> 1 rain jacket with hood (Gore-Tex, nylon or similar)	<input type="checkbox"/> soap (small bar/container)
	<input type="checkbox"/> shampoo (small container)
LOWER BODY	<input type="checkbox"/> toothbrush & toothpaste
<input type="checkbox"/> 9 pairs underwear (quick dry kind are ideal)	<input type="checkbox"/> deodorant
<input type="checkbox"/> 2-3 pairs shorts (1"quick dry", 1-2 casual shorts)	<input type="checkbox"/> feminine sanitary products
<input type="checkbox"/> 2 pairs work shorts (shorts you don't mind getting dirty!)	<input type="checkbox"/> laundry bag
<input type="checkbox"/> 1 pair of synthetic convertible long pants (pants you don't	<input type="checkbox"/> alcohol-based hand sanitizer

mind getting dirty!)	<input type="checkbox"/> lip balm w/ SPF
<input type="checkbox"/> 2 swimsuits (one piece for swimming, two piece for showers)	<input type="checkbox"/> moisturizing lotion
	<input type="checkbox"/> "quick dry" towel and washcloth
HEAD AND HAND	
<input type="checkbox"/> sun/rain hat with brim (i.e. baseball hat)	OPTIONAL GEAR
<input type="checkbox"/> light, tight-fitting leather work gloves	<input type="checkbox"/> Crazy Creek camping chair
	<input type="checkbox"/> camera w/ film and waterproof camera bag
FOOTWEAR	<input type="checkbox"/> sketchbook, novels, other reading material
<input type="checkbox"/> 1 pair waterproof rain boots (e.g. galoshes, "wellies")	<input type="checkbox"/> keeper straps for sunglasses
<input type="checkbox"/> 2 pair tennis shoes (1 pair you aren't attached to!)	<input type="checkbox"/> wristwatch (with alarm)
<input type="checkbox"/> 8 pairs socks (at least 2-3 that are "quick dry")	<input type="checkbox"/> rain pants
<input type="checkbox"/> 1 pair flip flops	
<input type="checkbox"/> 1 pair sandals with SNUG straps for the river (e.g. Tevas, Chacos, Keens)	

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 and a backpack 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 your suitcase. Your duffel should be soft and large enough to carry all of the gear listed. Throughout the trip, we will pack into smaller packs and take what is necessary for a stretch of the program. 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 daypack to carry on important items including identification, medication, passports, visas, cameras, exposed film, etc. It's also a good idea to carry on toiletries, a fleece, a water bottle, and a rain jacket, in case delays or cancellations occur. Please remember that new security measures limit passengers to only one carry-on.

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 (Qualofil, Holofill Fiberfill, Polarguard) sleeping bags available that are much less expensive than down-filled bags and maintain insulative properties when wet. You will

not need a sleeping bag that is rated for extremely cold weather. A rating of 40°F will suffice. If you already own a bag that is rated for temperatures colder than we recommend, you should not feel obligated to purchase a new bag. **Please NO DOWN FILLED BAGS on El Sendero.**

Sleeping bag stuff sack: Even if your pack has a compartment for your sleeping bag, 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!

Lightweight sleeping sheet/sleeping bag liner: Much of the time that we are in Costa Rica, we will be in areas with temperatures that may be too warm for a traditional sleeping bag. You may want to bring either a polypropylene or lightweight fleece sleeping bag liner or sheet to use. Avoid cotton as it has negative insulating qualities when wet.

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. 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. **Very little cotton should be brought on El Sendero.**

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.