

THE ROAD

LESS TRAVELED®

Los Cayucos 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 bowl, 1 spoon, 1 fork
	<input type="checkbox"/> 2 one liter durable water bottles
SLEEPING GEAR	<input type="checkbox"/> 1 bandana
<input type="checkbox"/> lightweight sleeping bag liner (polypro or silk)	<input type="checkbox"/> notebook/journal
<input type="checkbox"/> sleeping pad (i.e. Therm-A-Rest)	<input type="checkbox"/> zip-loc bags (various sizes for organization and dry storage)
<input type="checkbox"/> clothes for sleeping in (t-shirt and shorts)	<input type="checkbox"/> extra batteries (for camera, headlamp, etc)
	<input type="checkbox"/> writing materials (pen, pencil, stationery)
UPPER BODY	<input type="checkbox"/> headlamp and 1 additional flashlight
<input type="checkbox"/> 4 shirts (3 short sleeve, 1 white colored lightweight long sleeve)	<input type="checkbox"/> prescription glasses (Required: contacts or glasses - bring an extra pair of glasses and a copy of your eye glass Rx)
* No spaghetti strap tank tops or shirts that reveal your midriff	<input type="checkbox"/> 2 copies of your passport kept in a safe place
<input type="checkbox"/> 1-2 work shirts (old clothing you don't care about)	
<input type="checkbox"/> 1 lightweight rain jacket (Gore-Tex, nylon or similar)	TOILETRIES
	<input type="checkbox"/> lots of insect repellent
LOWER BODY	<input type="checkbox"/> lots of sunscreen
<input type="checkbox"/> 1 pair lightweight comfortable pants—such as nylon (or similar; hiking pants work well)	<input type="checkbox"/> soap (small bar/container)
<input type="checkbox"/> 1-2 sarongs (works as a towel, extra sheet, or quick cover-up)	<input type="checkbox"/> shampoo (small container)
<input type="checkbox"/> 3 pairs shorts (that can get dirty while working no short shorts)	<input type="checkbox"/> toothbrush & toothpaste
<input type="checkbox"/> 10 pairs underwear ("quick dry" are ideal)	<input type="checkbox"/> Face wipes
<input type="checkbox"/> 2 swimsuits - NO bikini's, NO two-piece, ONE PIECE ONLY (see Gear Guidelines for explanation)	<input type="checkbox"/> deodorant
	<input type="checkbox"/> feminine sanitary products
	<input type="checkbox"/> laundry bag
	<input type="checkbox"/> alcohol-based hand sanitizer
	<input type="checkbox"/> lip balm w/ SPF
	<input type="checkbox"/> moisturizing lotion
HEAD AND HAND	<input type="checkbox"/> "quick dry" towel and washcloth
<input type="checkbox"/> sun/rain hat with brim (i.e. baseball hat)	<input type="checkbox"/> 10 gallon size Ziploc bags
<input type="checkbox"/> light, tight-fitting leather work gloves	
	OPTIONAL GEAR
FOOTWEAR	<input type="checkbox"/> camera and waterproof camera bag
<input type="checkbox"/> 1 pair sneakers (you don't care about ruining)	<input type="checkbox"/> sketchbook, novels, other reading material
<input type="checkbox"/> 1 pair sandals with SNUG straps (to be worn in the water)	<input type="checkbox"/> keeper straps for sunglasses
<input type="checkbox"/> 1 pair of flip flops	<input type="checkbox"/> wristwatch (with alarm)
<input type="checkbox"/> 4 pairs socks (Wool is preferable)	<input type="checkbox"/> rain pants
	<input type="checkbox"/> motion sickness medicine



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.

FEMALE CLOTHING

We will be in remote areas with indigenous cultures that have very little contact with the outside world. Therefore, it is not appropriate for girls to wear bikinis, two-piece bathing suits or low cut one-piece bathing suits. Sport bras and shorts are not acceptable swimwear. Sport suits for girls are ideal. Revealing shorts and tops are unacceptable—this includes spaghetti strap tank tops and short shorts. We will make absolutely no exceptions on clothing policies because revealing clothes may be misinterpreted by the natives.

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. Pack by category in labeled stuff sacks so you don't have to constantly pack and repack. Be aware that your clothes will receive hard use. **Don't bring anything you won't mind ruining!**

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 liner and the ground during expeditions. If you bring a Therm-A-Rest, consider bringing a patch kit as they are prone to leaks.

Lightweight sleeping sheet/sleeping bag liner: While in Panama, we will be in areas with temperatures that do not require a sleeping bag. You should 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 and can take longer to dry. 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 Los Cayucos.**

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. If you'd like to invest in this type of material you may, but it is not required.

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.