



Get ready for adventure! Using decades of experience Bold Earth has carefully crafted our packing lists to include everything you need for a successful trip. The varied climates and situations we experience require participants to have all items on the equipment list. Participants who arrive without all the necessary equipment are required to purchase missing items. Do not pack more than is on the list. Most items can be bought from Walmart or Target at reduced prices, or borrowed from a friend. Call or email Bold Earth with any questions: 303-526-0806 or [info@boldearth.com](mailto:info@boldearth.com). We are always available to help. **\*\*Click on the BLUE TEXT or IMAGES for suggested clothing and equipment.\*\***

### REQUIRED EQUIPMENT



- \_\_\_\_\_ **Duffel Bag:** You are allowed one duffel. We suggest a tough but, soft-sided bag approximately 36"x18" or smaller. **No wheels OR suitcases - they are a loading hazard!**



- \_\_\_\_\_ **Backpack:** Bring an internal frame "4-5 day" backpack (60-90 liters). Sizing of the backpack depends on your height and weight.



- \_\_\_\_\_ **Daypack:** Bring one large "school type" daypack to be used during the day to carry personal items.



- \_\_\_\_\_ **Sleeping Bag** A medium weight, mummy style, nylon bag with synthetic filling made for camping and backpacking and rated to 15-20°F. A stuff sack is required. Your sleeping bag **must** be small, compact and able to fit into the bottom of your backpack.



- \_\_\_\_\_ **Sleeping Pad:** "Therm-A-Rest" or other air/foam sleeping pad.



- \_\_\_\_\_ **2 Water Bottles:** one-liter bottles



- \_\_\_\_\_ **Head Lamp & Batteries**



- \_\_\_\_\_ **Mess Kit:** Spoon, fork, plate, bowl & cup.

### REQUIRED CLOTHING

**CLOTHING:** You need a **one-week** supply of clothing. We will wash laundry weekly. We recommend some quick drying, non-cotton shirts and shorts.

#### Inner layer

- \_\_\_\_\_ One week supply of underwear  
\_\_\_\_\_ Pajamas  
\_\_\_\_\_ 1 pair **medium weight long underwear**

#### Middle layer

- \_\_\_\_\_ 4 pairs of shorts (one pair synthetic)  
\_\_\_\_\_ 6 short-sleeve shirts: synthetic / wool / cotton  
\_\_\_\_\_ 1 pair sweatpants  
\_\_\_\_\_ 2 long-sleeve shirts (1 synthetic)  
\_\_\_\_\_ 1 pair of jeans or khakis  
\_\_\_\_\_ 1 pair of **synthetic hiking pants** (zip-off shorts are nice)  
\_\_\_\_\_ 2 swimsuits

#### Outer layer

- \_\_\_\_\_ 1 **fleece jacket**  
\_\_\_\_\_ 1 sweatshirt  
\_\_\_\_\_ Waterproof **rain jacket**, very important that it is waterproof  
\_\_\_\_\_ Medium weight rain pants

#### Head & Hands

- \_\_\_\_\_ Fleece or wool hat  
\_\_\_\_\_ Baseball style cap

#### Footwear

- \_\_\_\_\_ 3 pairs of **wool or synthetic hiking socks**  
\_\_\_\_\_ 6 pairs athletic socks  
\_\_\_\_\_ **Sandals** that secure around your ankles (Tevas/Chaco's)  
\_\_\_\_\_ Sneakers/running shoes  
\_\_\_\_\_ **Hiking Shoes** made for hiking/backpacking; medium weight & flexible. A comfortable fit is critical. Break them in!

#### Miscellaneous

- \_\_\_\_\_ SPF 30+ sun screen, chapstick, bug spray (with DEET)  
\_\_\_\_\_ Personal toiletries (teeth etc.) meds, bandanna  
\_\_\_\_\_ **Mole skin** or second skin for blisters  
\_\_\_\_\_ One medium towel  
\_\_\_\_\_ Sunglasses with a **secure strap**

#### Optional, But Highly Recommended

- \_\_\_\_\_ "Crazy Creek" **camp chair**  
\_\_\_\_\_ Camera (Phone & camera must be separate)  
\_\_\_\_\_ Watch, Book, Journal, camp pillow, laundry bag  
\_\_\_\_\_ Flip Flops

## Important Information Regarding Your Trip - PLEASE READ THIS!

**Buying Guide:** The packing list above is mandatory for your trip; however, the linked items are just shopping recommendations. Gear bought at Target or Walmart will work. Backpacks, sleeping bags, and sleeping pads may be purchased from an outdoor store that has tested gear for varied environments. More generic gear such as mess kits, duffel bags, etc. can be bought relatively inexpensive at Target, Walmart, etc. Feel free to find the gear that suits you and your budget best. The Bold Earth office welcomes and expects questions about packing and equipment!

**Travel and Packing Tips:** Don't worry about how your backpack or duffel is arranged right now. Once you arrive, your Trip Leaders will show you the most efficient way to pack your bag for a multi-day trip. If you have the space for it, a great idea for your airport and travel days is to pack your empty backpacking backpack into your duffel bag. This will reduce your checked bags from two to one. If you want to practice packing your backpack like a pro, there are a number of great online [resources](#) to help you get started!

**Weather:** Be prepared for varied conditions. Temperatures will range from 40°F to 90°F.

**Spending Money:** EVERYTHING IS INCLUDED. Cash plus an ATM or Credit Card is best! We suggest bringing approximately \$75 per week. This is for personal expenses, baggage fees, gear replacement and gifts. If you run out of money, **you have spent too much.** Unless there is an emergency, **Bold Earth will not advance money.**

**Baggage Fees:** Each airline has different fees for checked baggage. Save or bring cash for the end of the trip to check your bags home. Before arriving at the airport, check the baggage policies for your reservation. If you have difficulty locating this information, the Bold Earth team will be happy to assist you!

**Identification: ID is required** when checking in for flights. Bring along a picture ID, library card, school ID or state ID card. Your trip leader will be happy to hold any ID or important documents.

**Laundry:** We visit laundromats weekly. You will wash your own clothes, we provide the suds, coins and know-how. Many participants have identical jeans, socks, hiking boots, etc. A good practice is to put your name on items which are not unique to you.

**Trip Journal:** Bring along a notebook to record the challenges and successes of your adventure.

**Suggested Reading List:** The people, places and activities you will encounter on your trip are diverse and incredible. Following are a few books we suggest before, during or after your adventure. Also, you might like to read Outside Magazine, Backpacker Magazine, Climbing Magazine, Rock & Ice or Trilogy Magazine, available everywhere. For additional adventurous reading, check out [Extreme Classics: The 100 Greatest Adventure Books of All Time](#).



**Dances with Marmots- A Pacific Crest Trail Adventure**, by George Spearing.

Inspiring and entertaining account of a 4300km solo hike from Mexico to Canada along the Pacific Crest Trail. Despite never having hiked before, George Spearing decided to take 'leave of absence' from his job as a firefighter in the New Zealand Fire Service and walk the length of America. Traveling entirely on foot and off road, his five month journey takes him through the desert areas and snowbound High Sierra Nevada of California, the Cascade ranges of Oregon and Washington and finally emerges in the Okanogan Forest of British Columbia, Canada. The diverse mix of Mojave desert, High Sierra snows and the characters and wildlife met along the way, provide an often humorous look at the US and its wilderness through the eyes of a New Zealander.



**Journal of the Voyage to the Pacific**, by Alexander Mackenzie

Lewis and Clark get all the acclaim, but we should not forget that Mackenzie made it overland to the Pacific first. Mackenzie's account is every bit as fascinating, exciting, and at times harrowing as Lewis and Clark's. There are excellent footnotes in this edition that make the reader aware of the modern day towns and landmarks that Mackenzie passed.



**Undaunted Courage: The Pioneering First Mission to Explore America's Wild Frontier**, By Stephen A. Ambrose

This was much more than a bunch of guys out on an exploring and collecting expedition. This was a military expedition into hostile territory'. In 1803 President Thomas Jefferson selected his personal secretary, Captain Meriwether Lewis, to lead a pioneering voyage across the Great Plains and into the Rockies.