

Men's Hike Packing List

Below you will find a suggested packing list for the St. Paul's Men's Hike. Some things to consider:

- We will be on the trail just after lunch Thursday until just before lunch Sunday
- We intend to stop for lunch on the way home Sunday
- A few things on this list are essential
- Almost everything on this list can be found at Wal-mart. Dicks Sporting Goods is also excellent and has a few of the nicer gear items (like sleeping bags). For anything needing professional help, like packs, The Backpacker in Mount Pleasant is the place to go – they even know about these types of hikes.

Hiking Gear

Essentials

- Backpack – If you don't have one and don't want to buy one, let us know and we'll get you hooked up
- Backpack rain cover – either an official one or a \$2 poncho works just as well
- Boots/hiking shoes – start breaking them in immediately, wearing them everywhere you can. Some folks prefer low-tops or even tennis shoes, but most choose sturdy boots with good ankle support
- Sleeping bag – check with leaders about temperature range, but a 20 degree bag is a safe bet for most of our hikes
- Sleeping pad – essential for a good night's sleep and warmth
- Tent – if you don't have one, we'll pair you up with someone who does, just make sure they bring it and the two of you share the load
- Tarp for under tent – a standard blue one will work just fine, or you can find a fancy one to match your tent. **Communicate with your tent-mate.**
- Headlamp – essential if we have to hike or set up camp in the dark.

Optional

- Lightweight Rope – to hang bear bags or to dry wet clothes
- Camp chair – extra weight, but very nice to have around the campfire
- Pocket Knife – not essential, but it looks cool and when its needed, it's really needed
- Hiking poles – very helpful for those with leg problems, but beneficial for just about anyone. These can apparently be rented from The Backpacker
- Water shoes – Chacos (heavy), crocs (light), flip flops. Something that can get wet in case we face a water crossing. You don't want wet boots! These can double as your camp shoes at the end of the day.

Clothing

Hiking Clothes – while we're on the trail

- Cotton is not your friend. Wear synthetics and wool (especially socks).
- Layer your clothes. Temperatures vary widely in the mountains and you'll want to be able to take a layer off or put a layer on as needed.

- Highly recommend packing your clothes in waterproof bags. They make fancy ones, or gallon Ziplocks are just as effective.
- You'll want to start the day cold
- Denim = bad, its heavy when dry and heavier when wet and will not dry out before we get home
- We are all going to smell so consider the weight. Extra socks are probably a good idea while and extra shirt, may or may not be.
- Hiking socks (at least two pairs to alternate) – wool is a must. Smartwool is an excellent brand. Your socks should be thick, comfortable, and moisture wicking. Many men wear two pair each day or wear their socks over synthetic sock liners. If you are going to splurge on something, socks are a good option. **Dicks often has discounts sock bins in the shoe section, usually at 25% of full price. They may be purple, but that won't matter.**
- Moisture wicking t-shirt (one or two is enough)
- Hiking/athletic shorts (one or two is enough) – synthetic and lightweight. Many men like the zip off pants for days that begin cold and significantly warm up.
- Underwear/compression shorts(one or two is enough) – again, moisture wicking

Camp clothes – when we set up camp for the night

- Cotton is ok for around the campfire
- You probably only need one set for all four days
- To save on weight, you probably want your campfire clothes to be the same as your sleeping clothes. Again, we're all going to stink
- Sleeping clothes (really, whatever works for you!)
 - o Long sleeve/short sleeve t-shirt
 - o long underwear/long pants
 - o extra underwear
- Campfire clothes (you decide how many you need, more clothes = more weight)
 - o Long sleeve shirt
 - o Long pants/comfortable shorts?
 - o Comfortable undies
 - o socks
- Camp shoes – can double as your water shoes, see above. Closed toed (like Crocs) is helpful

Additional clothes

- rain jacket – consider it essential. If you don't bring it, it will rain. If you do bring it, it likely will not rain.
- Lightweight jacket – consider the temperature and that you'll likely want something in the evenings
- Cold weather clothes – not necessary if weather is not cold
- Beanie hat (optional)
- Gloves (optional)
- Long underwear (optional)
- Hat (optional)

- Sunglasses (optional)

Meal Time

- Hot water will be available every morning
- We'll have community dinner and hot water each night
- You're on your own for lunch, no hot water
- You don't want to hike out with any food in your pack
- Expect to burn 5000 calories a day
- Food is heavy, make your own decisions, ask someone who has been before

Personal Kitchen

- Plastic/Metal bowl for breakfast
- Utensils – cheap, metal sets available at Wal-mart
- Lightweight coffee mug

Food and Drink

- Water – at 2-3 liters per day. If possible, use a hydration bladder that packs into your pack with a hose running out (again, cheap at Wal-mart). Supplement your bladder with a 1 liter water bottle (**BRING BLADDERS AND BOTTLES FULL ON THURSDAY MORNING**).
- Powdered Gatorade – not essential, but a nice treat to put in your water bottle along the trail
- Instant Coffee – Starbucks *Via* is hands down the best. Don't bring the whole can of Folgers!
- Breakfast for each morning (Fri, Sat, Sun). Suggestions include:
 - o Instant oatmeal, grits
 - o Anything that constitutes breakfast for you
- Lunch for each day (Fri, Sat). Suggestions include:
 - o Peanut butter and honey sandwiches (English Muffins, Flatbread)
 - o Foil-packaged Tuna, Chicken, Salmon, etc. (No cans)
 - o Some folks bring summer sausage, cheese, etc...be creative
- Snacks as needed
 - o Energy Bars (will help keep you regular, as well)
 - o Dried fruit
 - o Trail mix
 - o Beef Jerky
 - o Salty snacks (goldfish, lance crackers, etc...)
 - o A decadent treat to reward yourself (and the hike leaders) for a hard days hike (Snickers bar, for instance)

First Aid – you know what you need!

- Any medications you need **IMPORTANT: IF YOU HAVE AN EPI PIN, EVERY MAN ON THE HIKE NEEDS TO KNOW THAT AND WHERE IT IS LOCATED IN YOUR PACK**
- Moleskin or duct tape – these are especially helpful to prevent blisters. Never been hiking? Bring plenty!

- Pain/muscle relief – Ibuprofen, Tylenol, etc...
- Benadryl – especially important
- First aid kit – if you want to bring your own. At least a few hikers will have one.
- Band-aids

Personal Hygiene

- Toothbrush
- Toothpaste
- Toilet paper – take out roll and store in Ziplock bag
- Trowel – optional, we can share
- Biodegradable soap – optional, but if you bring it, make sure it is biodegradable
- Baby wipes – unscented. These have many, many uses: dishwasher, bath, hand cleansers, their intended use...
- Deodorant
- Gold Bond Medicated Powder
- Any other personal items you may need – contact solution, etc...
- Bug spray (optional)
- Sunscreen (optional)

To have in the car

- Sandwich or something for Thursday lunch. We will eat before we hit the trail
- A change of clean clothes for the ride home. This will bless your driver's wife

Community Gear

We will divide some gear. If we give it to you, make sure you pack it!

This list may not be exhaustive

- Water filters
- Cooking pots
- Community Dinners
- Scrubber/sponges
- Stoves
- Lighters
- Fuel for stoves
- 5 gallon water bag