



Katahdin Hike & Yoga Packing List

Please watch my 1-hour video for examples of all of these items prior to the duffle shuffle!

Hiking backpack lined with two contractor trash bags

- Make sure your backpack is an internal frame hiking pack with a padded hip belt. The pack should be large enough to hold clothing, sleeping bag, group gear, and food, about 60-65 Liters.

Small packable day-bag for summiting (A little more comfortable than emptying your big bag, but you can also do that.)

Sleeping bag and stuff sack rated 35° to 40° F

Sleeping pad

Raincoat-ideally with a hood

Rain pants

Hiking boots or good sneakers

Crocs (or sandals, but crocs are the best if you need to let your feet air out and have a blister because there aren't any straps to put pressure on the foot.)

2-3 Pair of non-cotton socks

3 Pair underwear

2 Sports bras

1-2 Pair shorts

2 Pair pants, lightweight synthetic materials or yoga pants are best. No jeans and cotton. (one pair for hiking and one for relaxing in camp which can also double as your yoga pants.)

3 T-shirt/tank tops (one for hiking, one for camp, one for sleeping in)

2 Lightweight long sleeve shirts (great for sun protection and layering)

1-2 Medium weight fleece or long-sleeve layers

1 Heavier weight fleece or jacket (if it gets cool in the evenings or at the top it's good to have)

Brimmed hat or visor

Lightweight warm hat

Sunglasses

Sunscreen

Chapstick

Hand sanitizer

2 Bandanas (1 will be used as a rag, 1 as a washcloth)

Toilet kit: toothpaste, toothbrush, moisturizer (all small travel size containers)

Headlamp with fresh batteries (a headlamp is best for wilderness travel, but a small lightweight flashlight is ok.)

2 One-liter water bottles--durable & wide mouth (32 oz Nalgene bottles are great.) OR a 2 liter camelback and a 1 liter hard plastic bottle as a back-up.

Towel to practice yoga on (I like to use a lightweight pack towel or an old sarong.)

We will be sleeping in lean-tos or the bunkhouse so no need for tents! In fact, they won't let you set up a tent if you have a lean-to or bunkhouse site...they are weirdly strict about it.

Optional:

Trekking poles

Earplugs (just in case someone snores)

Lightweight gloves to protect your hands from granite stones

Bug spray (all natural or no-more than 10% DEET please.)

Windbreaker

Camera

Journal

2 carabiners—These are nice to clip water bottles to your pack with

Bug head-net or jacket (bugs are not usually bad at that altitude)

Wrist watch

Pocket knife

There will not be cell phone service once we are at the park. Cell phones often get lost, broken or wet and I recommend that you leave them in your car for the trip. If you use it as your camera bring a hard case waterproof container for it and turn it on airplane mode.

Contact me with any questions and see you at the 'Duffle Shuffle' to go over your gear and learn how to pack your backpack so the weight is distributed correctly.

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