



PACKING LIST

IMPORTANT + MANDATORY ITEMS:

- Bible, study guide, notebook, flashlight, electrical adapter (all supplied by GTI)
- Pens
- Electrolyte replacement – options: Powdered Gatorade, Propel, GU, Sport beans, etc.
- Snacks (lunch is often later in the day) – Granola bars, Clif bars, trail mix, nuts, protein bars, dried fruit, crackers, beef jerky or Paydays are great options. No chocolate as it melts.
- Quart size Ziploc bags/Sharpie - for treasures and souvenirs
- Moleskin or Spenco Blister Kit for blisters (may need a small scissors)
- Sunglasses - may want neck cord. Always good to pack a backup pair.
- Hats – Baseball hats, visors or wide-brimmed, light-weight hats work great.
- Modesty kit: To cover legs, zip off pants, loose-fitting skirt or athletic pants that you can pull overtop your hiking shorts work great. To cover your arms, bring a long-sleeve shirt or a scarf to cover your shoulders if needed
- Personal First-Aid Kit (Band-Aids, first aid ointment, diarrhea/stomach medication, aspirin, etc.)
- Extra prescriptions from your doctor
- Laundry soap for hotel washings
- Sunscreen with a high SPF
- Travel packs of Kleenex/Wet Wipes
- Rain jacket (only needed Feb, March, April)

optional but helpful items:

- Sleeping supplements (for plane + for entire trip if necessary, melatonin, Tylenol PM)
- Hiking/Walking poles – for those who need a little extra help with climbing
- Travel bottle of hand sanitizer
- Extra water bottle – for plane travel or additional water on hike
- Bandanas – for sitting and sweat removal
- Neck pillow for travel
- Compression socks – for those who struggle with swollen feet during travel
- Dish soap – to wash out water bottles
- Small Duffle bag – for bus storage
- Camera + all necessary accessories - battery, memory card, cords, etc. (purchasing these things on the trip will not be possible)

clothing considerations:

- Lightweight fabric shorts for hiking (3-5 pair) – please keep a modest length and look
- Lightweight knit or wicking shirts for hiking (4-8 shirts) – No white shirts for ladies. You may pack a few sleeveless tank top options (please no spaghetti straps). There will be several locations where sleeveless will not be appropriate so don't make this your only shirt style.
- Long-sleeve, light-colored and light-weight shirt for those with sun sensitivity
- Modesty kit
- Hiking socks – either lightweight or wool. Whatever you prefer. Smart wool socks hold up really well over a few days.
- Water shoes or light-weight sandals (old gym shoes will work)
- Swimsuit – modest, please
- Evening attire – Casual attire is great. Hotels are good with us showing up in our hiking gear for dinner. Some people like to feel cleaned up and may want to put on a summer dress or clean shorts for dinner. You can plan to have one nice dinner as a group but, again, it's really casual.

TRAVEL BAGGAGE CONSIDERATIONS:

- You are allowed one 50 lb. checked luggage.
- For taking on the plane, you can have one carry-on and one personal item.
- We recommend making 2 photocopies of your passport. One to pack in your checked luggage and one to put in someone's suitcase in case of lost passport.
- Your carry-on bag should have some necessary items in case you lose your suitcase. These may include: Hiking shoes, change of clothes, cosmetics (one quart bag with no bottle above 3.4 oz.)
- Make sure you have your passport, ticket and wallet with in your carry-on items!

things to do before you leave:

- Call credit card companies and let them know you are traveling overseas
- Call cell phone company to check into International coverage on your plan
- Go to bank for some spending money. Typically \$100-200 in cash is great for souvenirs or incidentals. You will also have an opportunity to tip our tour guides. The cost of your trip builds in a typical tip but we do collect if people would like to give more to our guides. Keep that in mind when you decide on the amount of cash you bring.