**Gear list**

Please follow this list as closely as possible. Do not bring more of extra items than are on the list, there will be no room for them.

* Clothing (synthetic preferred, the less cotton the better)
  + Base layer top X2 (long sleeve and short sleeve)
  + Base layer bottom X1 (long johns)
  + Hiking pants X1 (synthetic, zip-off optional)
  + Shorts (optional)
  + Underwear X2
  + Insulating layer X1 (e.g.: fleece sweater, down sweater)
  + Insulating Jacket X1 (e.g.: down jacket, warm coat)
  + Wind/rain shell X1 (e.g.: light GORETEX jacket)
  + Beanie X1
  + Synthetic socks X2
  + Sunhat X1
* Personal Items
  + Minimal Toiletries (Only essentials please!! If you are in a group, please share toothpaste)
  + Sunscreen (1-2 oz. tube, if you are in a group, please share)
  + Pocket knife or Leatherman tool (optional)
  + Headlamp
  + Bandanna
  + Sunglasses
* Food Items
  + 1-2 liters of water!
  + Lunches X2 (e.g.: sandwiches, crackers, cheese, salami, tuna, sardines)
  + Snacks (trail mix, energy bars, jerky, candy)