

**Woman's Packing List: 3+ Weeks Hiking:****No camping- Food easily available**

Temp 90F-40F/ possible rain

Backpack with a rain cover

Fanny pack

Trekking poles

Sleeping cocoon bag or

Light weight sleeping bag

**Shoes**

1 pair hiking shoes

1 pair flip flops

**Clothes**

2 bras

3 underwear

2 hiking shirts (1 short sleeve, 1 long sleeve)

2 hiking skirt/pants/shorts/yoga pants

1 nice shirt (evening)

1 light weight skirt/pants (evening)

1 set sleepwear

3 pair of socks

1 Rain jacket

1 lightweight jacket

2 packing cubes

1 Sun hat/rain hat

**Optional**

Rain pants

Gloves

Arm warmers

Buff

Scarf

Sarong

Swimsuit

Beanie (warm hat for sleeping)

**Essentials**

Phone and power cord

Travel power adapter

Waterproof wallet

Passport/Id card

Guidebook

Journal- put in Ziploc

Small notebook

Pen and Sharpie

Headphones

Headlamp or small flashlight

Sunglasses

4 Small/4 Large plastic Ziploc bags

Nalgene bottle (2L)

Reusable shopping bag (red/white bag)

**Emergency pack**

Cable ties (4)

Safety pins

Sewing kit (needle/thread)

Clothesline clips (6)

Duct tape

Blister Band-Aid/ Moleskin

Sports tape

Small scissors

**Toiletries**

Bag with handle to hold toiletries

Hand sanitizing lotion

Sunscreen

1 Large quick dry towel

Shampoo/conditioner/body wash

Toothpaste/toothbrush/floss

Skin care (Face/ Body Lotion/Lip balm)

Laundry soap

Insect repellent

Medicines and medical notification card

Toilet paper/tissues

**Optional**

1 bandana

Earplugs

Eye mask

Camera

Camelbak

Hair ties, clips, bobby pins

Comb/Hairbrush

Essential oils

Pads/tampons

Foot lotion/Cuticle cream

Makeup (Mascara/eye liner/blush/lipstick)

Vitamins

Antiseptic wipes

Aspirin/Tylenol/Advil/Arnica/Benadryl

Antidiarrheal tablets

Nose spray/Netti Pot

Electrolyte packages

Steripen or Chlorine tablets

Immersion heater for water

Insulated cup with lid

Nutrition bars

Jar of PB or Almond Butter

Tea bags

Travel silverware/Swiss Army Knife

2 massage balls

1 small quick dry towel (for face)

1 Dry Sack (may use instead of packing cube)

1 lightweight duffel for return flight souvenirs

1 Book-put in Ziploc