



2017 Holy Trinity Adult Pilgrimage

Packing List

Clothing:

Look at the weather forecast before final packing. The temperatures range from the high 50s to the low 40s. Typical rain is 2.6" in May with 9 days of rain. Pack clothing for the hike and for in-town during the evenings and for travel on the plane. This has updates after our session at REI

Boots or Low Top Hikers (must be waterproof!) Boots highly encouraged
Camping Shoes/sandals (for after the day's hike, think lightweight)
Hiking socks 3-4 pairs (No Cotton)
Liner Socks (1-2 pairs)
Shirts 3-4 (suggest a mix of long sleeve and short sleeve, for hiking, no all cotton)
Underwear/ Bras (3 to 4 pairs, consider synthetic)
Waterproof Jacket (with hood)
Fleece Tops/Vest or Down Jacket Down Vest
Rain Pants
Gaiters (optional, but highly recommended)
Pants or Skirts (2-3 pairs mix long pants, yoga pants, leggings capris, shorts or convertibles)
Belt
Hat
Bandanas/Buff
Gloves

Gear:

Gear Essentials

Passport (we need a color copy prior to departure)
Passport Holder/Stowaway (please go to Mori Luggage or REI to review options)
Day Pack or Backpack 35 to 65 liters (make sure gear fits during the return period)
If taking day pack, recommend a travel duffel bag (Patagonia or Eagle Creek 5,000 to 6,000 cubic inches)
Rain cover for pack or garbage bag to line pack.
Headlamp or flashlight

Emergency Whistle

Small first aid kit (leaders will have large kits-please have Band-Aids, Neosporin and Moleskin or Compeed for blisters)

Water Bottle: 1.5 liters- make sure you can attach to pack

Cord to make clothes line (you will be hand washing clothes at night)

Small wallet or purse (we will discuss currency before departure)

Sun glasses

Sun Screen

Your pack may be too large to carry on. Option to put in a duffle bag or specific pack bag (Osprey makes a bag called the Airporter).

Gear Options

Trekking Poles

Quick Dry Towel

Stuff sacks/plastic ziplock bags

Toilet Paper

Light travel bag for flight, must fit in you pack after landing

Travel Mug

Water bladder/Camelback

Swiss Army knife/multitool

Camera

Trekking Umbrella

Journal & Pen

Sleeping bag liner or travel pillow

Sleep Mask for Flight

Power Converter Adapter

Cellphone/Charger

Toiletries:

Please read the TSA guidelines for carry on liquids.

All of you toiletries should be in a clear, one liter plastic bag

We will send out specific brand options closer to the Holidays. Locally, you can find gear at REI, Great Outdoor Provisions and Gander Mountain. If you travel a little, Mast General Store in Winston Salem and Townsend Bertram in Chapel Hill are good options. If you plan a trip to Asheville, Diamond Brand Outfitters, Black Dome and Frugal Backpacker can have some gear and brands not commonly found locally. Online options are great but we strongly recommend that you get help with fitting your pack and boots.