


Packing Checklist

Moab National Parks Active Adventure

Come prepared for all kinds of weather! Choose dual-purpose, lightweight clothing that you can efficiently layer. Merino wool and synthetic fabrics like polar fleece are recommended over anything cotton or denim for their quick-drying and sweat-wicking capabilities.

If you're not sure what any of the items in the packing list are, please ask us or your nearest outdoor outfitter. We want you to be Girl Scout-prepared for your adventure ahead!

 **Hot tip:** Before your trip, become well-acquainted with your gear—especially your hiking boots, poles (if desired) and backpack. Wear your day pack on training hikes and gradually increase the weight that you are carrying so when you strike off on day one, your pack feels snug like your favourite pair of jeans!

Required Items

- Main piece of luggage: a sports bag with wheels, a soft-sided suitcase or backpack with small padlocks or combination locks (if you wish)
- Warm jacket/fleece
- Rain jacket (your best option is one with a hood and armpit zips for ventilation)
- Breathable wicking layers (quick-dry short and long sleeve shirts)
- Warm hat (toque for the Canadians!)
- Buff or bandana
- Lightweight hiking pants (zip-off pants that convert to shorts if desired)
- Comfortable clothes for chilling at the camp

- Bathing suit
- Sunglasses
- Sunhat/baseball hat
- Socks (as desired—merino wool brands like Smartwool or Darn Tough are recommended)
- Lightweight hiking boots or trail runners
- Lightweight running shoes or sandals for around camp (to change into if your boots are soggy)
- Sleeping bag (NOT provided so you can either bring your own or rent one. These are available for \$55 USD which is payable in either cash or card upon arrival. Please contact support@wildwomenexpeditions.com to request a sleeping bag rental, and include this request in your Travel Details Form.)
- Earplugs
- Personal first aid kit: for any essential items that you know you'll need (e.g. blister treatment if you are prone to blisters, anti-nausea meds if you get motion sickness and medications including pain killers and Imodium)
- Sunscreen, lip balm (with SPF!)
- Basic personal items (biodegradable toiletries, etc.)
- Quick-dry towel
- Headlamp with extra batteries
- Reusable water bottles or bladders (at least 2L)
- Face masks
- Thermometer and RAT antigen test kits for self-monitoring

Optional Items

- Cotton or silk sleeping bag liner

- Small pillow (for travelling)
- Pencil, notebook/journal/sketchbook
- Electronic device for music/podcasts/entertainment
- Insect repellent
- Books, mags
- Binoculars (a limited number will be available to borrow, so if you have a preference, please bring your own)
- Hiking poles (a limited number will be available to borrow, so if you have a preference, please bring your own, and these must be packed in your checked bag)
- Snacks will be provided but you may wish to bring an emergency “hangry stash” if you have special dietary needs or personal favourites.

Essential Documents

- Passport: stored in a waterproof wallet/Ziploc bag
- Copies of your passport, medical insurance, air tickets (pack separate from the originals)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary

Packing Notes

Luggage Logistics

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your expedition (like your hiking boots and fleece!). When packing your carry-on try to include what you would need to be comfortable for your first few days in case your checked baggage is misrouted by the airline (rain gear, medications, itinerary, snacks, change of socks/underwear).

As a general rule, don't bring more than you can carry! This will help ensure smooth-as-putting transfers in airports, through customs, hotels, and loading vans/trailers/boats. On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. Most airlines have reduced the weight maximums for checked bags to 50lbs (22kg). Be sure to check with your airline for weight restrictions **and** carry-on allowances.

We recommend soft-sided luggage or a medium duffle bag or backpack of 30-50L(your checked bag) and a medium daypack of 20L(your carry-on bag) for most adventures.

Resources for Buying Outdoor Gear & Clothing

- **Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek**
- **Borrow:** Why buy when you can borrow from a friend?
- **Variety/Value Village, Goodwill, Salvation Army** and online swap sites are also great places to find second-hand gear for a fraction of the price. **Reduce, Reuse, Recycle, Rewear!**