

# General Information

## PACKING LIST

### Gear

- Comfortable pack\*
- 3-Season sleeping bag\*: *If your sleeping bag is rated above 30 degrees, then consider bringing an extra jacket or sleeping bag liner for added warmth.*
- Sleeping pad\*
- Tent or tarp\*
- Two-32oz Water bottles: *Or a hydration system that can accommodate 2 liters of water*
- Headlamp or flashlight
- First Aid and hygiene: *Toothbrush, Toothpaste, and any personal medication.*

\*GEAR INCLUDED IN STANDARD TRIP PRICING.

### Clothes

- Comfortable sneakers or hiking shoes
- 2 pairs of wool or wicking socks
- Long johns, tights, or pants
- Shorts
- T-shirt or tank
- Long sleeve shirt
- Warm jacket
- Rain jacket
- Warm hat
- Gloves: *Don't have a pair of gloves? Use your extra pair of socks as gloves when your hands get cold.*

### Optional Items

- Bug spray
- Sunscreen
- Camera: *Small digital cameras are recommended. Heavy, fancy cameras should be left at home.*
- Cell phone: *A great safety tool! Please keep it on silent or airplane mode during the hike.*
- Whistle: *Check the sternum strap on your backpack.*
- Cash: *For incidentals in town and to tip your guide.*

### Items Provided by BRHC

- Water purification: *We use Sawyer Squeeze Filters and bring a chemical treatment as back-up.*
- Camp stove, fuel, cooking pot, and eating utensils
- First Aid Kit: *Includes emergency medical kit, feminine products, toilet paper, sunscreen, bug spray, hand sanitizer, matches, Benadryl, and an emergency blanket.*
- Compass and maps
- Hiking poles

YOU ARE WELCOME TO SUPPLEMENT THESE ITEMS OR BRING PERSONAL GEAR IF YOU HAVE IT.

### Notes

- Avoid cotton clothing. It does not dry quickly and can cause irritation. Also, it's heavy to carry when wet.
- Don't bring extra clothes or items you don't need. Extra socks and underwear are okay, because they don't take up much room. Ask your guide if you have any questions.
- We recommend storing all gear and clothing in plastic zip-lock bags or trash bags. Even if there is not rain in the forecast, weather can change quickly in the mountains and it is best to be prepared.
- Don't feel like you need to buy new fancy gear for this trip. Comfortable athletic clothes are great to hike in, and most items can probably be borrowed from a friend or rented from Blue Ridge Hiking Company.
- We often get asked if guides may accept tips. Tipping is accepted for good service. Industry standard is 10 - 20%.



## EXPECTATIONS

1. Plan to carry all necessary gear and leave extra items behind (your guide will inspect your gear before the hike). Also, you should expect to walk 6-8 hours per day over moderate to difficult terrain.
2. Tell the hike leaders of any medical conditions, dietary needs, or personal concerns before the trip.
3. Come with a good attitude and a group mentality. This will be an amazing and potentially life-changing experience!

