



2024 Excursion

Adirondacks: Yoga and Hiking in the High Peaks

Packing List

The following items are essential:

- Soft-shell duffel bag or something similar
- Sleeping bag
- Comfortable, hiking shoes/boots (waterproof recommended)
- 2-3 active wear T-shirts
- 1-2 long sleeve trekking/activewear shirts
- 1 heavyweight fleece jacket or Down jacket
- Rain Jacket or poncho
- 2-3 trekking pants
- Warm hat
- Hiking socks
- Lightweight travel or pack towel
- Two 1-liter water battles or one 2 liter hydration bladder*
- Sun hat
- Sunglasses with UV protection
- Sunscreen and lip balm
- Flashlight or headlamp
- Personal toiletries, including soap and shampoo
- Wet Wipes or other hand sanitizer
- Prescription medicine, if required
- Day pack with rainproof cover
- Lightweight base layer

**If you are only planning to bring a hydration bladder to carry water, you should plan bringing another bottle which can hold hot water. On camping days we will be drinking boiled, treated water.*

Other things to consider:

- Vest (down or fleece)
- Slip-on shoes and/or rubber sandals
- Extra Zip Lock or plastic bags
- Mid-weight fleece
- Camera and accessories
- Power bank (portable charging device)
- Pocket knife
- Toilet paper and/or pocket tissues
- Laundry soap (for hand laundry)
- Earplugs
- Electrolyte drink mix
- Snack bars, trail snacks