

NORTHWEST WILDERNESS INSTITUTE, LLC.

PACK LIST: OVERNIGHT CLIMBING PROGRAMS

TOILETRIES AND PERSONAL CARE

- Toothbrush, toothpaste, floss
- Biodegradable soap or shampoo
- Camp towel
- Strong sunscreen
- Lip balm w/SPF
- Insect repellent
- Moisturizing hand crème (to avoid split fingers, etc.)

The Climb On! Bar is a great option.

CLOTHING

Note: Avoid cotton- It does not retain heat when wet! In addition temperatures will fluctuate drastically. Night time temps may dip into the 30's with day time temps as high as 100 deg. - Dress in layers!

- Underwear
- 2 T-shirts
- Long underwear (top and bottom)
- 2 pairs of hiking socks
- Long pants
- Shorts
- Belt
- Lightweight long-sleeve sweater
- Medium-weight sweater or fleece jacket
- Medium to heavy trail hikers
- Flip-flops or sandals
- Baseball cap (optional)
- Bandana (optional)
- Rainproof jacket & pants with hood
- Warm hat
- Gloves

FOOD AND DRINK

Note: We will be on the go from dawn till dusk and operating at a high level of physical activity away from camp. In other words, Breakfast and Lunch should require minimal temperature regulations. Dinner can (and should) require cooking as we will spend our evenings fire side with access to stove, running water, and other back country amenities. Menu MUST meet requirements for a 2,500 calorie/day (approximate) diet with balanced nutrition. Please contact us with question, comments, or concerns.

- Canteen or water bottle (at least 2 liters total)
- Energy bars
- Backpacking food (cooler space, extra water, and sports drink will be available for the duration of the trip.)
- A few Ziploc bags

MEDICINE

- First-aid kit (group kits will be available)
- Prescription medicine (inform instructors to ALL health issues)
- Glasses and/or contact lenses

MISCELLANEOUS

- Sunglasses
- Knife and multi-tool
- Sturdy notebook and pen
- Emergency cash
- Emergency phone numbers

LUGGAGE AND SECURITY

- Backpack or luggage with optional pack rain cover
- Large climbing (day) backpack

CAMP

- Sleeping pad
- Sleeping bag
- Pillow (optional)

GADGETS

Note: remember- you are going on this trip to get away from “it all”. However, there will be times where music and phone calls will be acceptable.

- Cell phone
- Headlamp and flashlight with extra batteries
- Map of the region, compass and GPS (optional)
- Camera with extra memory and batteries
- Watch with alarm

MISCELLANEOUS

- 25ft of 550 Parachute or accessory cord

TO DO

- Notify someone of your plans
- Delete old pictures from camera
- Charge and replace batteries in all electronic devices
- Prepare for an amazing experience you won't soon forget!