

IATA Packing List

Clothing (avoid cotton):

Wicking Layer: Pulls moisture away from the body.

- 2-3 underwear
- 1 pair long johns (top and bottom) or tights for warmth and/or sleeping

Insulating Layer: Holds warmth next to the body.

- 1 synthetic/quick dry pants (convertible/zip-offs work well)
- 2-3 tops (combination of long sleeve and short sleeve shirt(s)) - (Hike in one, sleep in the other)
- 1 fleece/warm jacket/wool/down sweater - (lightweight)
- Warm hat
- Mittens/gloves

Shell Layer: Protects the body from harsh environmental conditions like the rain and wind.

- 1 raincoat and pants (or rain poncho)

Optional:

- Brimmed hat/bandana
- 1 synthetic/quick dry shorts
- Gaiters (additional leg protection)
- Small lightweight umbrella

Footwear

- 2-3 hiking socks and liner socks (polypropylene)
- Lightweight hiking boots or trail shoes (pre-worn, 1-2 sizes larger than usual)

Optional:

- 1 flip flops, crocs or other breathable & lightweight camp shoe
- Supportive shoe insoles (Superfeet, Spenco, etc)

Gear:

General:

- Backpack (professionally fitted) (Bigger is not better -aim for <4lbs).
- Stuff sacks/Dry bags/garbage bags
- 'Ziplock' Baggies (various sizes)
- Bandanas
- Nylon rope/cord - at least 50' (for hanging food, shared within group)
- Duct tape

Shelter:

- Sleeping bag
- Sleeping bag stuff sack -compression (and preferable waterproof or if not in garbage bag)
- Sleeping pad - foam (Ridgerest, Z-rest) or self-inflating (Therm-a-rest)
- Tent and ground cloth (don't forget stakes and poles!)

Optional:

- Sleeping bag liner
- Camp pillow

Safety & Emergency:

- Map and compass
- Guidebook/route description and permits
- Whistle
- Water Bottle(s)/Bladder(s) (4-liter capacity total)
- Water treatment/filter
- Headlamp/flashlight and batteries
- Small First Aid kit (a larger one will be with the crew)
- Fire starter and lighter or matches in waterproof container
- Mobile phone with charger
- Identification, medical card and spending money

Food:

- Bowl
- Spork
- Food (light weight, repackaged, whole when possible)

Optional:

- Stove, fuel and lighter
- Cooking pot
- Small cup
- Spice/seasoning kit
- Pot scrubber
- Pot grabber

Personal Care/Comfort:

- Pack rain cover (*construction grade garbage bag fitted to backpack*)
- Sunscreen & lip balm
- Sunglasses
- Personal Care/Toiletries - hand sanitizer, Toilet paper (not a whole roll), feminine products
- Small trowel
- Prescription medications
- Foot care items

Optional

- Trekking Poles
- Insect Repellent/head net
- Toothbrush and paste/baking soda (small amount)
- Ibuprofen, acetaminophen, aspirin
- Over the counter meds -vitamins, allergy meds, antacids, etc.
- Brush/comb, hair ties, etc.
- Pee rag
- Multi-tool such as a Leatherman
- Pepper spray (for personal/people protection)
- Journal and Pen/Pencils
- Book/playing cards
- Camera, small tripod
- Batteries/power packs/solar charger
- GPS
- Wrist watch
- Small thermometer
- Binoculars

OUNCES LEAD TO POUNDS, POUNDS LEAD TO PAIN!

This packing list was created for newbie hikers of the Trailtessa Be Fierce outings led by Sharon Dziengel, one of the first female thru-hikers of the Ice Age National Scenic Trail. Sharon's familiarity with hiking extends to having over 14,000 long-distance trail miles under her feet including thru-hikes of four other National Scenic Trails.