

ORGT Expeditions Packing List

Tech Treks Alaska 2024



Welcome adventurers to the Tech Treks Alaska Expedition! To ensure the success of our expedition, we must have the correct clothing and outdoor gear. While we recognize that buying outdoor gear can sometimes come with a significant price tag, you don't need to go out and buy a full new set of gear - in fact, this is discouraged. You might already own some suitable items or consider borrowing from a friend or family member. For items you do need to purchase, it may be possible to find affordable options at thrift stores or used outdoor gear stores (ex. REI Re-Supply, Secondwind ATL). While Walmart or Amazon may have some items, it's best to source critical gear from outdoor-specific stores (ex. REI, Backcountry.com). So, let's get ready for an unforgettable adventure on the **Tech Treks Alaska Expedition!**

Click on an item to follow the link for more detailed information and specific recommendations. Items marked with a check can be supplied by ORGT. Personal gear to replace these items is allowed but must be approved by your Expedition Leaders.

Please remember to stick to the packing list and bring only the necessary items.

Item	Required QTY	Notes
Upper Body Clothing		
<input type="checkbox"/> Long underwear	1	Synthetic, for colder weather
<input type="checkbox"/> Long sleeve shirt	2-3	Synthetic, for cool/buggy nights
<input type="checkbox"/> Short sleeve shirt	2	Synthetic, not cotton
<input type="checkbox"/> Rain jacket / waterproof shell	1	WATERPROOF not just water resistant
<input type="checkbox"/> Fleece or insulated jacket	1-2	Synthetic (not down), for cool weather
<input type="checkbox"/> Warm hat	1	Wool or fleece preferred
<input type="checkbox"/> Sun hat	1	Wide-brimmed works well with a bug net
Lower Body Clothing		
<input type="checkbox"/> Underwear	4+ pairs	Synthetic, not cotton
<input type="checkbox"/> Long underwear	1	Synthetic, for colder weather
<input type="checkbox"/> Long pants (leggings/joggers)	2 pairs	May be convertible into shorts
<input type="checkbox"/> Hiking shorts	1-2 pairs	Synthetic, not cotton

<input type="checkbox"/> Rain pants	1 pair	WATERPROOF not just water resistant
Footwear		
<input type="checkbox"/> Socks	4+ pairs	Synthetic, not cotton, light/mid-weight
<input type="checkbox"/> Hiking boots	1 pair	WATERPROOF and broken in
<input type="checkbox"/> Camp shoes	1 pair	Must strap on, no flip-flops
Food & Water		
<input type="checkbox"/> Water bottles	2 liters capacity	Durable plastic with a tight-fitting lid
<input type="checkbox"/> Bowl	1	Plastic, plate not necessary
<input type="checkbox"/> Spoon/fork or spork	1	Plastic, fork and knife not necessary
<input type="checkbox"/> Insulated mug	1	For hot drinks, 12 oz.
Hygiene Items		
<input type="checkbox"/> Toiletries	Travel size! Toothpaste, toothbrush, etc.	
<input type="checkbox"/> Face mask	1-2	For airport, public transit, etc. as needed
<input type="checkbox"/> Lip balm	1	SPF-rated, unscented preferred
<input type="checkbox"/> Hand sanitizer / Hand wipes	1	Travel size, unscented preferred
<input type="checkbox"/> Hygiene wipes	1 pack	Pack a Ziplock bag to store used wipes
<input type="checkbox"/> Camp towel	1	Quick-dry, synthetic chamois style
Miscellaneous Items		
<input type="checkbox"/> Sunglasses	1 pair	Polarized with leash/strap preferred
<input type="checkbox"/> Head net	1	For mosquitos, midges and blackflies etc.
<input type="checkbox"/> Sunscreen	1 small cont.	SPF 15 or higher, no sprays
<input type="checkbox"/> Insect repellent	1 small cont.	No more than 30% DEET
<input type="checkbox"/> Headlamp	1	With new batteries and an extra set
<input type="checkbox"/> Prescription medications	Labeled with your name in a sealable bag/container	
<input type="checkbox"/> Valid passport	For international trips	
<input type="checkbox"/> Government-issued ID	For domestic or international air travel	
<input type="checkbox"/> COVID vaccine card	(Or appropriate documentation), for front-country	
<input type="checkbox"/> Trekking poles	1 set	Helps to take pressure off your knees

Optional Items		
<input type="checkbox"/> Gaiters	1 pair	Should cover boots entirely
<input type="checkbox"/> Camera	With open storage and spare batteries	
<input type="checkbox"/> Pocket knife/multitool	Blade less than 4 inches	
<input type="checkbox"/> Hydration bladders	Bring two bottles in addition	
Packs & Bags		
<input type="checkbox"/> Stuff sacks	3+	Or large Ziploc bags
<input type="checkbox"/> Hiking backpack	1	Provided by ORGT
<input type="checkbox"/> Backpack rain cover		Provided by ORGT
Sleeping Gear		
<input type="checkbox"/> Camp Pillow (optional)	1	Or pillowcase to fill with clothes
<input type="checkbox"/> Sleeping bag	1	Provided by ORGT
<input type="checkbox"/> Sleeping pad	1	Provided by ORGT
<input type="checkbox"/> Tent	1	Provided by ORGT
Provided Group Gear		
<p>Stoves/fuel, lighter, firestarter Pots/pans/cookware, food/snacks Toilet paper, trowel Water treatment/filtration/purification Garbage & Ziplock bags, bear-proof canisters Topographical maps, compass, GPS locator, satellite communicator, first aid kit</p>		

Key Points

Here are some key points to help you navigate the (sometimes overwhelming) list in front of you:

- Leave your favorite clothes at home so they won't get dirty, muddy, torn, or damaged.
- Choose synthetic/quick-dry materials over cotton. Cotton and cotton blends are unacceptable as cotton offers poor insulation when wet and can take a long time to dry. Synthetic /quick-dry materials are preferred including thin-fibered wool, polyester, or nylon.
- Compare prices. Sometimes you'll want to spend a little more at the outdoor store, and some items you can find more economically at Target or Walmart, but higher cost does not necessarily mean better quality.
- Prioritize function over fashion. Ensure that clothing fits well and is practical for outdoor activities. Try items on to make sure they fit properly. Insulating and shell layers should fit comfortably over your base layers.
- Waterproof/breathable rain gear is required. Verify that you have waterproof, not water-resistant items. Windbreakers and heavy, insulated ski jackets are not acceptable rain jackets.
- Break in your boots. This will help prevent blistering and other injuries. Try to walk at least 20 miles (it doesn't have to be all at once) in your boots to ensure they are broken in before your trip. We'll say it one more time: BREAK IN YOUR BOOTS, PLEASE!

Upper Body Clothing

We layer our clothing, combining different garments to achieve optimum insulation and protection from sun, wind, and rain. Even during the summer months, the mountainous terrain we travel through can result in rather cold temperatures. The base layer (underwear layer) wicks sweat away from your skin, the middle layer (insulating layer) keeps you warm by retaining body heat to protect you from the cold - even when wet, and the outer layer (shell layer) protects you from wind and rain. All must fit comfortably over one another so they may be worn simultaneously.

[Layering Basics](#)

Long Underwear

Long underwear will be worn as your base layer in colder or rainy weather and can be slept in on colder nights. Any non-cotton (synthetic or wool) long underwear that is light- to mid- weight is fine. Remember, a good base layer should wick sweat away from your skin. Washable wool will be naturally odor resistant, unlike synthetic fibers. Your base layers should fit comfortably underneath your outer layers.

Check local thrift stores! Amazon ([Men's](#), [Women's](#)), Walmart, Target, etc.

Recommended Brands:

Under Armour, Patagonia, Smartwool, REI, Columbia, etc.

Polyester:

REI Co-op Midweight Long-Sleeve Base Layer - [Men's](#), [Women's](#)

Under Armour Packaged Base 2.0 Crewneck Baselayer - [Men's](#), [Women's](#)

Wool:

REI Co-op Merino 185 Long-Sleeve Base Layer Top - [Men's](#), [Women's](#)

Smartwool Classic Thermal Merino Crew Base Layer Top - [Men's](#), [Women's](#)

Long Sleeve Shirt

A long sleeve shirt will be worn as your base layer on cooler days or buggy nights and can be slept in on cooler nights.

Any non-cotton (synthetic or wool) long sleeve shirt is fine. Quick-drying materials are ideal. UPF rating is a plus. These can be easily sourced from thrift stores (Goodwill, Salvation Army, etc.)! Remember, a good base layer should wick sweat away from your skin. A washable wool will be naturally odor resistant, unlike synthetic fibers. Your base layers should fit comfortably underneath your outer layers.

Check local thrift stores! Or Amazon ([Men's](#), [Women's](#)), Walmart, Target, etc.

Recommended Brands:

Columbia, REI, Patagonia, Under Armour, etc.

Men's:

[Columbia Men's Long Sleeve Crew Shirt](#)

[Columbia Men's PFG Long Sleeve Shirt](#)

[REI Co-op Sahara Long-Sleeve T-Shirt - Men's](#)

Women's:

[Columbia Women's PFG Long Sleeve Shirt](#)

[Patagonia Cool Daily Long-Sleeve Shirt - Women's](#)

Short Sleeve Shirt

A short sleeve shirt will be worn as your base layer on warm days or can be slept in on warm nights. Any non-cotton (synthetic or wool) short sleeve shirt is fine. These are sometimes called "technical" or "dry-fit" t-shirts. Quick-drying materials are ideal. UPF rating is a plus. These can be easily sourced from thrift stores (Goodwill, Salvation Army, etc.) or department stores! Remember, a good base layer should wick sweat away from your skin. Your base layers should fit comfortably underneath your outer layers.

Check local thrift stores! Or Amazon ([Men's](#), [Women's](#)), Walmart, Target, etc.

Rain jacket / waterproof shell

Quality rain gear is essential for keeping you dry, protecting against wind, and allowing evaporating sweat to escape. Both elements, waterproofing and breathability, are important. Rain jackets must have a hood. Pit zips, mesh vents, hood or waist drawcords, and packability into a pocket are all popular features that can make a jacket more functional or comfortable, but none are required. Any waterproof / breathable fabric technology is acceptable (Gore-Tex, eVent, OmniTech, REI Elements, TEK2.5). This is not an item to skimp on, but don't feel like you need to spend a fortune. Around \$80-\$120 will get you a quality jacket. Avoid FrogTog or Coleman brands and anything from Walmart, Target, etc.

See: [Water Resistant vs Waterproof](#) and [How Does Waterproof Rain Gear Work?](#)

Recommended Brands:

Marmot, REI, The North Face, Patagonia, Mountain Hardwear

Marmot PrcClip Jacket - [Men's](#), [Women's](#)

REI Co-op Rainier Rain Jacket - [Men's](#), [Women's](#)

Mountain Hardwear Stretch Ozonic Jacket - [Men's](#), [Women's](#)

Patagonia Torrentshell 3L Jacket - [Men's](#), [Women's](#)

REI Co-op XeroDry GTX Jacket - [Men's](#), [Women's](#)

Fleece or insulated jacket

Mid-weight to heavyweight fleece or synthetic insulated (puffy) jacket that fits comfortably over your base layers and under your outer shell. This will be worn under your outer shell layer in cold weather. A quality fleece jacket is a more affordable option here if purchasing new. For puffy jackets, goose or duck down is space efficient and highly insulating but will clump up and is not effective when it gets wet. For this reason, less expensive synthetic alternatives are preferred. If you get cold easily, two insulating layers may be necessary and should fit comfortably over one another.

Men's:

[Columbia Men's Steens Mountain 2.0 Full Zip Fleece Jacket](#)

[Mountain Hardwear Stratus Range™ Full Zip Hoodie](#)
[REI Co-op Groundbreaker Fleece Jacket 2.0](#)
[Outdoor Research Vigor Full-Zip Hooded Jacket](#)

Women's:

[REI Co-op Trailsmith Fleece Jacket - Women's](#)
[The North Face Canyonlands Hooded Jacket - Women's](#)

Warm hat

On colder nights, a warm hat or beanie will be an important part of keeping warm. Wool or fleece is preferred, but other materials can be acceptable.

Sun hat

In addition to protecting you from the sun, a wide-brimmed hat is ideal to go under your head net when the bugs are swarming. Synthetic materials are preferred but a baseball cap will also work.

Recommendations:

Outdoor Research Swift Cap - [REI](#), [Amazon](#)
Outdoor Research Sunbriole Sun Hat - [REI](#)
Sunday Afternoons Ultra Adventure Hat - [Backcountry.com](#), [Amazon](#), [REI](#)

Lower Body Clothing

Underwear

Underwear should be non-cotton. Make sure seams and straps are comfortable under a loaded backpack. Synthetic shorts with a built-in liner are also acceptable.

Long underwear

Long underwear will be worn as your base layer in colder or rainy weather and can be slept in on colder nights. Any non-cotton (synthetic or wool) long underwear that is light- to mid- weight is fine. Remember, a good base layer should wick sweat away from your skin. Washable wool will be naturally odor resistant, unlike synthetic fibers. Your base layers should fit comfortably underneath your outer layers.

Men's:

[Under Armour Packaged Base 2.0 Baselayer Leggings](#)
[REI Co-op Midweight Base Layer Bottoms - Men's](#)
[Smartwool Merino 250 Bottom - Men's](#)

Women's:

[Under Armour Base 3.0 Baselayer Leggings](#)
[Patagonia Capilene Midweight Bottom - Women's](#)

Long pants (or leggings/joggers)

Any synthetic long pants, leggings, or joggers suitable for hiking are acceptable. Jeans are not acceptable. "Zip-off" pants that can be converted into shorts can be useful. A pair of fleece pants can be helpful to keep you warm at night or under your rain pants.

[Columbia Men's Silver Ridge Convertible Pant](#)
prAna Stretch Zion Pant II - [Men's](#), [Women's](#)
Outdoor Research Ferrosi Pant - [Men's](#), [Women's](#)

[REI Co-op Teton Fleece Pants](#)

Hiking shorts

Synthetic shorts with or without liners. Inexpensive gym shorts or hiking shorts are acceptable.

Rain pants

Rain pants will be worn over pants/shorts to keep you and your clothes warm and dry. While rain pants are required to be waterproof, unlike your rain jacket, breathability is not as important. Side zippers and features that make it easier to get in and out of with clothes underneath can be helpful.

Marmot PreCip Eco Full Zip Pant - [Men's](#), [Women's](#)
[REI Co-op Essential Rain Pants](#)

Footwear

Socks

Lightweight wool or synthetic hiking socks, cotton socks are not acceptable. Socks should extend beyond the cuffs of your boots to protect your skin from rubbing. Usually crew length is sufficient.

[Amazon](#), Walmart, Target, etc.

[REI Co-op COOLMAX EcoMade Lightweight Hiking Crew Socks](#)

Hiking boots

Hiking boots must be waterproof and have a quality tread designed for backpacking. Work boots or combat boots are not acceptable.

It's best to buy boots in person at an outdoor store where a specialist will help find boots that match your foot's length, width, and arch. Ask for a mid-weight boot that is appropriate for a 4-day backpacking trip on rugged terrain. Boots with a synthetic upper will be more breathable and break in more quickly compared to leather. Leather can be more durable. Leather, synthetic, or hybrid options with any waterproofing membrane (Gore-Tex®, eVent®, Hydroguard®) are acceptable.

Try some boots on and walk through the store, up and down stairs, and on a slope. When trying on boots, wear the socks you intend to wear while hiking on the trail. Keep in mind your feet tend to be largest at the end of the day.

To break in your new boots, start by wearing them around the house. It can be tempting to hit the trail right away, but your feet won't thank you for it. Wear the socks you intend to wear while hiking on the trail, but feel free to experiment with different sock thicknesses or insoles if necessary. Try adjusting the lacing if you run into hot spots (caused by rubbing) or pinching. If you have a significant fit issue, you might look into a different pair of boots. If all feels fine, start to wear them around town and gradually progress until you're ready for a short day hike.

See: [How to Break in Your Hiking Boots](#)

Recommended Brands:

Salomon, Merrell, Vasque, Oboz, Lowa, La Sportiva, Asolo

Camp shoes

Shoes for around camp. Must strap to your foot, no flip-flops. Sandals from brands like Chaco, Teva, Keen, etc. are generally acceptable.

Food & Water

Water bottles

We recommend 2 bottles that are 1 liter to reach the required 2 liters of total capacity. Plastic reusable water bottles with a durable body and sturdy lid are best. Wide-mouth bottles can be easier to fill. Insulated metal water bottles (Hydroflask, Yeti, etc.) are great for front-country settings but are too heavy to be appropriate for use on the trail.

Department store (Amazon, Walmart, Target, etc.), outdoor or sports equipment retail store

Recommended Brands:
Nalgene, Camelbak

Bowl

Plastic bowl that is easy to clean and can hold hot liquids. No need for a plate.

Department store (Amazon, Walmart, Target, etc.), outdoor or sports equipment retail store

[SeaToSummit Bowl Delta Azul](#)

Spoon/fork or spork

Spoon/fork or spork is best. No need for an individual fork or knife. Titanium can be very durable, but plastic is cheaper and suitable too.

Department store (Amazon, Walmart, Target, etc.), outdoor or sports equipment retail store

[BPA-Free Tritan Spork with Full-Sized Spoon, Fork and Serrated Knife Edge, Green](#)
[UCO ECO Utility Spork | REI Co-op](#)
[Sea to Summit Alpha Light Spork | REI Co-op](#)

Insulated mug

A lightweight insulated mug is good for hot chocolate or other warm drinks. 12-16 oz is sufficient.

[Amazon](#), Walmart, Target, etc.

Hygiene Items

Toiletries

Travel size! Comb or brush, toothpaste, toothbrush, contact solution, etc.... You don't need a month's worth of toothpaste for 2 weeks. Feminine hygiene products, if needed. Put your toiletries in individual Ziplock bags to prevent a mess in your pack in case something opens inadvertently.

Toilet paper will be provided as a group item.

Face mask

For use in front-country (airport, public transit, etc. as needed)

Lip balm

A small tube of lip balm with SPF 15 or higher is recommended. Unscented is preferred. Chapped lips can be caused by exposure to sun, wind, cold, or dry air and can ruin a trip! Frequent reapplication is important. Vaseline can also be used.

Hand sanitizer / Hand wipes

Travel size, unscented preferred.

[Wet Ones Wipes for Hands & Face, 20 Count Travel Pack](#)
[Cottonelle Fresh Care Flushable Wipes - Travel Pack, 10 Wipes](#)
[Sea to Summit Sanitation Wipes - Package of 12](#)

Hygiene wipes

A small pack of wipes to keep clean. Pack a Ziplock bag to store used wipes.

[Sea to Summit XL Wilderness Wipes | REI Co-op](#)

Camp towel

A large camp towel (synthetic chamois) can be useful for drying off and keeping tent interiors dry at the end of a soggy day. Bring a Ziplock bag to store your damp towel away from your dry clothes.

[Amazon](#), Walmart, Target, etc. (car wash section) or auto parts store
[REI Co-op Multi Towel Deluxe](#)

Miscellaneous Items

Sunglasses

Sunglasses with UV protection to shield your eyes on sunny days. Polarized glasses are especially helpful for reducing glare from water or snow, but may not be necessary. A leash/strap can help you keep track of your shades by letting you hang them around your neck when not in use, and are a must-have for any water activities.

Head net

An inexpensive head net is priceless in buggy areas and works to keep biting insects away from your face and neck. Head nets are most effective with a brimmed hat underneath.

[Amazon](#), Walmart, Target, etc.

[Sea to Summit Mosquito Head Net with Insect Shield | REI Co-op](#)

Sunscreen

A broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 15 is the minimum rating recommended. SPF ratings above 50 aren't meaningful. "Broad-spectrum" sunscreen blocks both UVA and UVB radiation. Labels like "reef-safe", "oxybenzone free" or "paraben-free" can be considered for sensitive environments. Water- and sweat-resistant formulas can also be helpful. Frequent reapplication is more important than any of these considerations, especially at high altitudes or where there's water or snow. Aerosol spray sunscreens are not acceptable. Wearing

UPF-rated clothing or a sun hat can be useful for reducing UV exposure, but sunscreen should still be applied to exposed areas. Put your sunscreen tube in a Ziplock bag to prevent a mess in your pack in case it opens inadvertently.

Insect repellent

Mosquitoes and ticks (technically not insects) are of most concern due to the risk of carrying disease, but other insects such as biting midges, and blackflies can also turn an experience unpleasant. Your best defense against biting insects will be rain gear, head net, boots, etc., but insect repellent can also be effective (though no defense is 100 percent effective). Put your insect repellent in a Ziplock bag to prevent a mess in your pack in case it opens inadvertently.

DEET is a widely used repellent and is considered the gold standard in terms of its effectiveness but should be handled carefully as it can be damaging to some gear and some people don't like its chemical nature or dislike the strong scent. A controlled-release formula of no more than 30 percent DEET is a good option.

[Ben's 30% Deet Insect Repellent Spray, 3.4 Fl Oz](#), [3M Ultrathon Insect Repellent Lotion](#)

Picaridin is comparable in its effectiveness against mosquitoes and ticks and is somewhat better against flies. Picaridin also has minimal odor and no damaging effects on synthetic gear. Formulations of 20 percent picaridin are sufficient.

[Sawyer Picaridin Insect Repellent - 3 oz.](#), [Sawyer Picaridin Insect Repellent Lotion - 4 fl. oz.](#)

[Sawyer Picaridin Insect Repellent, 4 fl. oz. \(Pack of 2\)](#)

Synthesized plant oils such as lemon eucalyptus oil can also be comparable in effectiveness against mosquitoes and almost as effective against ticks but may have a strong odor.

Natural plant oils (soybean, lemongrass, cedar, citronella, etc.) aren't regulated for safety or effectiveness by the EPA and are generally considered less effective.

[Find the Repellent that is Right for You | US EPA](#)

[Skin-Applied Repellent Ingredients | US EPA](#)

Insect repellents like permethrin can be applied to clothing or gear (tents, hammocks, etc.) in advance or pretreated insect-repellent clothing can be purchased. Permethrin is effective against mosquitos and ticks but should be used in addition to, not in place of, skin-applied repellents. Permethrin is known to be harmful to aquatic life. [Sawyer Permethrin Pump Spray - 24 oz.](#)

Headlamp

Any headlamp with extra batteries is acceptable, and most inexpensive department-store options work great. Brightness, battery life, and features such as additional red light modes can be considered but are not necessary.

[Amazon](#), Walmart, Target, etc.

Recommended Brands:

Black Diamond, Petzl, Princeton Tec, etc.

Prescription medications

Bring prescription medication if needed, including EpiPens and Asthma inhalers! Medication should be in a bag or sealable container including your name, medication name, and dosage information.

Common over-the-counter medications will be provided and do not need to be brought. Ask your Expedition Leaders if you have specific questions about what will be provided.

Trekking poles

Trekking poles help relieve pressure from your knees / legs and provide stability on uneven terrain. ORGT will provide trekking poles but if you prefer to bring your own, check with your Expedition Leaders to ensure your poles are appropriate for your trip. Features like cork handles and external lever locking mechanisms are preferred.

Optional Items

Gaiters

Gaiters attach to your boots and protect from moisture and debris, keeping mud and water out of your boots. A gaiter designed for backpacking / hiking is suitable. Gaiters made for mountaineering are overkill while gaiters intended for trail running won't cover your boots. Waterproofing and under-straps are essential. You won't want to pick gaiters that require you to remove your footwear to put them on.

[REI Co-op Backpacker Low Gaiters](#)
[Outdoor Research Rocky Mountain Low Gaiters | REI Co-op](#)

Camera

Bringing a point-and-shoot camera or disposable cameras can be fun. You can also use your phone camera.

Only bring a point-and-shoot camera if you can take care of it. We don't want to see your nice camera broken. Consider a sturdy, waterproof case (Pelican Case, OtterBox, etc.). Bring spare batteries as you will not be able to charge. Don't forget to ensure there's enough memory available for lots of pictures!

Pocket knife / multitool

You may bring a pocket knife as long as the blade is less than 4 inches (about the width of your palm). A multitool with a can opener can be useful. For trips that include flying, make sure these are packed in your checked baggage!

Hydration bladders

Hydration bladders are designed for space efficiency and convenience. You don't need to bring the pack if your bladder came with one. As bladders can puncture, please also bring two water bottles in addition. Check tubing connection points and seals are not leaking.

Recommended Brands:
CamelBak, Osprey, Platypus, Gregory, Kelty

Packs & Bags

Stuff sacks

Watertight compression stuff sacks keep your clothes / gear organized and dry. Look for a durable buckle and roll-top closure. A stuff sack full of clothes can also be used as a pillow!

[Amazon](#), Walmart, Target, etc.

Recommended Brands:
Sea to Summit, REI, Eagle Creek, Osprey, Outdoor Research, etc.

Hiking backpack

ORGТ will provide an appropriately sized hiking backpack, but if you prefer to bring your own, check with your

Expedition Leaders to ensure your pack is appropriate for your trip. A hip belt and sturdy internal frame are required. It should be large enough to fit all of your gear, PLUS 5 days of food, ½ a tent, and some group gear and cooking gear/fuel (roughly 60+ liters).

Backpack rain cover

If bringing your own backpack, a waterproof rain cover that fits around your ENTIRE loaded backpack is required. Ponchos or garbage bags will not suffice. Otherwise, a rain cover will be included in the backpack ORGT provides.

[Amazon.com: Kelty Rain Cover - Regular \(Charcoal\)](#)

Sleeping Gear

Camp pillow (optional)

A small, lightweight, compressible camp pillow or inflatable pillow can make a sleep setup more comfortable. A pillowcase or stuff sack filled with clothes also works well.

Recommended Brands:

NEMO, Sea to Summit, Therm-a-Rest, etc.

Sleeping bag

ORGT will provide a synthetic, mummy-style sleeping bag rated to below 20°F and a stuff sack. If you prefer to bring your own sleeping bag and stuff sack, check with your Expedition Leaders to ensure they are appropriate for your trip.

Sleeping pad

Beyond comfort, sleeping pads provide essential insulation from the ground. ORGT will provide a basic foam sleeping pad. If you prefer to bring your own, check with your Expedition Leaders to ensure your sleeping pad is appropriate for your trip. While air-filled and self-inflating pads are lightweight, compact, and comfortable, they require extra care to prevent punctures. Foam camping mats are both lightweight and durable and can double as sit pads in camp.

Tent

ORGT will provide a 2-4 person tent. Sleeping is single-gender and tent pieces will be distributed to spread the load evenly.