



# HIKING TRIP

## PACKING LIST

Heading out with CIM on a hiking trip? To make sure you are ready for the woods, please read this list of recommended personal gear. CIM will bring all the communal gear – tents, cooking etc. – but this list is for you, the participant.

Weather can be unpredictable and quick to change; so be prepared for all weather, at all times. Don't forget to consider what you will be wearing on the day that we head out. That counts as an outfit. Keep in mind – Most people bring WAY too much gear! When packing for a paddling trip we want to ensure we have everything we need, but try to pack as light as possible.

We'll be base camping out of a car-camping site. This means we'll have access to some amenities, but we still want to be as mindful of space as possible.

### CAMP CLOTHES

- Long sleeve shirts (1)
- Long pants (1 pair, quick-dry or synthetic fiber)
- T-shirt
- Light-weight fleece/Wool sweater (optional)
- Shorts (1 pair, quick-dry)
- Bathing suit
- Small towel (optional)
- Rain Gear (top and bottom)
- Brimmed Hat
- Underwear
- 2-3 pairs wool socks

### SHOES/FOOTWEAR

- Closed-toed shoes for the boat and water (these can be old running shoes)
- Closed-toed shoes for the campsite

### TOILETRIES

- Biodegradable soap
- Toothbrush/paste

### CAMPING EQUIPMENT

- Sleeping bag (as small as possible, considering borrowing if yours is large)
- Sleeping pad (foam pad or Therm-a-Rest, optional)

### DIABETES SUPPLIES/MEDS

Any meds you need in waterproof containers. Insulin and supplies (enough to last a week) – be sure to pack extra pump sites, reservoirs, pump batteries, syringes, pen caps, etc. BG Tester and/or CGM and supplies

### OTHER

- Head lamp/flashlight – check the BATTERIES!
- Water bottle (Nalgene)
- Sunglasses
- Sunscreen

### OPTIONAL

- Personal PFD (otherwise, will be supplied)
- Personal Paddle (otherwise, it will be supplied)
- Lightweight long underwear (optional)
- Eyeglasses and contact lenses to spare (if needed)
- Connected in Motion T-shirt (1)
- Small day pack
- Bandanna
- Earplugs