

Travel is the cure
Lauren's
Cold Weather
Havasupai
Packing List



Wear the day you hike in:

- Hiking boots
- Comfortable pants/leggings
- Long sleeve shirt
- Short sleeve shirt
- Trekking poles!
- Wool hiking sock
- Silk sock liner
- Sports bra/underwear
- Hat and/or beanie
- Sunglasses & watch



Packed Clothing:

- Thin athletic mid-layer (for day hikes)
- Warm fleece mid-layer
- 2-3 T-shirts, preferably athletic
- 2 long sleeve athletic shirts (like by lululemon)
- 2-3 pairs hiking pants or leggings, preferably a mixture of both
- Balaclava (ski face mask)
- 3 extra wool socks
- 1 extra silk sock liner
- 2 sports bras
- 5 pairs of underwear
- Warm puffy jacket
- Bathing Suit
- 1-2 sets of thermals
- Waterproof jacket (if rain)



Camping Gear & Footwear:

- Smallest backpack capable of fitting everything, preferably a 45L - 50L. Fit and comfort is key!
- Lightweight sleeping bag, rated 20 degrees or warmer
- Sleeping bag liner (optional, but recommended)
- Sleeping pad (the inflatable ones pack up best)
- Pack cover or garbage bags (if rain is forecasted)
- Water shoes (not optional, a MUST) + neoprene socks
- Camp towel (large and small), microfiber



First Aid & Toiletries:

- Advil, sleep aids, medications, earplugs
- Wilderness wipes
- Band-aids/mini first aid kit
- Travel sized dry shampoo (optional)
- Deoderant
- Feminine hygiene products
- Travel sized toothbrush + toothpaste
- Lip balm, sunscreen, biodegradable soap



Miscellaneous:

- Headlamp (300 lumens or better)
- Small backpack or dry bag for day hikes
- Grip gloves (for cables at Mooney)
- Hydroskin (optional)
- Lightweight camp sandals (optional)
- Book (optional)
- Headphones (optional)
- Cash



Gadgets:

- Camera or iPhone
- GoPro or waterproof camera
- Solar lantern/USB charger
- Multitool
- Small USB charging bank
- USB/lightening cables
- Apple watch or fitbit charger
- Small tripod for camera or GoPro



Cookwear:

- Mess kit
- Coffee cup
- Eco-friendly soap + small sponge
- Lighter
- Jet Boil and/or camp stove
- Water bottle(s) (preferably wide mouth)
- Instant coffee (Starbucks Via packets are great)
- Powdered creamer and/or sugar packs



Food:

- 2-4 Trail lunches (separated out in ziploc bags)
- 3 MRE hot dinners
- 2 MRE hot lunches
- 3 MRE hot breakfasts
- Snacks: jerkey, fruit leather, trail bars
- Hydration packets (like Liquid IV)
- Extra ziploc bags (large and small)
- Bearcan or ratsacks (with ropes & carabiners to hang in trees)



Shared Items:

- Tent, tarp, hammock
- Cooking pots, camp stove and/or JetBoil(s)
- Shared meal items
- First Aid Kit
- Fuel



Questions? Comments?

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