## **Participant Packing List**

(Please note: This list does not include art materials. Be sure to review the separate **Art Supply List** for required painting items.)

Clothing & Footwear	Gear & Essentials
☐ Comfortable hiking shoes or trail shoes (broken in before the trip)	<ul> <li>Daypack or small hiking backpack (large enough to carry art supplies, water, and layers)</li> </ul>
<ul><li>Lightweight sandals or casual shoes for evenings</li></ul>	☐ Refillable water bottle or hydration system (at least 1 liter)
<ul><li>Moisture-wicking hiking socks (bring extra pairs)</li></ul>	☐ Sunglasses and sunscreen
<ul><li>Quick-dry hiking pants or leggings</li></ul>	☐ Lip balm with SPF
☐ Long-sleeve shirts for sun protection	<ul><li>Personal toiletries and medications</li></ul>
☐ Short-sleeve shirts or t-shirts for layering	<ul><li>Trekking poles (optional, but helpful on uneven terrain)</li></ul>
<ul> <li>Warm fleece or insulated jacket for cool mornings and evenings</li> </ul>	<ul><li>□ Phone/camera and charger</li><li>□ Notebook or journal (optional for</li></ul>
☐ Waterproof rain jacket or shell	reflections or notes)
☐ Hat for sun protection	
☐ Warm hat and lightweight gloves (mornings can be chilly)	
☐ Pajamas or sleepwear	
☐ Comfortable clothes for relaxing at the lodge	