

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

- ☐ Comfortable hiking shoes or trail shoes (broken in before the trip)
- ☐ Lightweight sandals or casual shoes for evenings
- ☐ Moisture-wicking hiking socks (bring extra pairs)
- ☐ Quick-dry hiking pants or leggings
- ☐ Long-sleeve shirts for sun protection
- ☐ Short-sleeve shirts or t-shirts for layering
- ☐ Warm fleece or insulated jacket for cool mornings and evenings
- ☐ Waterproof rain jacket or shell
- ☐ Hat for sun protection
- ☐ Warm hat and lightweight gloves (mornings can be chilly)
- ☐ Pajamas or sleepwear
- ☐ Comfortable clothes for relaxing at the lodge

Gear & Essentials

- ☐ Daypack or small hiking backpack (large enough to carry art supplies, water, and layers)
- ☐ Refillable water bottle or hydration system (at least 1 liter)
- ☐ Sunglasses and sunscreen
- ☐ Lip balm with SPF
- ☐ Personal toiletries and medications
- ☐ Trekking poles (optional, but helpful on uneven terrain)
- ☐ Phone/camera and charger
- ☐ Notebook or journal (optional for reflections or notes)