

Packing List

What you carry on the trail. What you carry within is up to you.

BUY AT SIGN-UP — TRAIN-UP GEAR

For the 3-month coaching and break-in period

- Hiking backpack (3-day capacity)
- Boots or hiking shoes
- 4 pairs hiking socks
- Moleskin for blisters*
- Foot powder

SLEEP & HYDRATION

- Sleeping bag
- Sleeping pad
- Hammock sleep system or tent
- 3x Nalgene 32 fl oz wide-mouth water bottles
- Canteen cup
- Eating utensil (spork)*
- Water purification tablets and/or filter cartridge
- Trail meals, 9 total (6 main, 2 breakfast) or similar

CLOTHING & WEATHER

- 1 pair hiking pants
- 1 extra pair hiking pants*
- 3 undershirts
- 1 sleep shirt, 1 pair sleep pants
- 1 lightweight waterproof rain jacket
- 1 hat*
- 1 watch cap or beanie*
- 1 pair sunglasses*
- 1 pair gloves*

CAMP & PERSONAL CARE

- 1 pair flip-flops or camp shoes
- Body Glide (anti-chafe)*
- Baby wipes
- Hand sanitizer*
- 1/3 bar soap
- Small towel or washcloth*
- Chapstick and sunscreen
- 1 knife
- 1 lighter
- Toothbrush & toothpaste
- 1 pair earplugs
- 1 headlamp with batteries

** Optional*

Vanguard XXI does not provide gear for this excursion. Everything above is on you to buy, break in, and pack yourself.