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# Packing List

***\*All meals and group gear (tents, stoves, first aid kit, etc.) are provided. Pack small and light whenever possible. We will do laundry mid week. All gear should go in a large duffel bag or hiking backpack. Call or email with any packing questions!***

## Clothing

- 3 pairs of light weight, quick drying shorts
- 5 light weight, quick drying T-shirts (polyester works well; avoid cotton if possible)
- 2 swimsuits
- 1 pair of light weight long pants
- 5 pairs of underwear
- Long sleeve shirt or light sweatshirt/fleece (a few nights may get cool)
- Rain jacket

## Footwear

- 1 pair of sturdy tennis shoes or hiking boots (broken in!)
- 1 pair of old shoes to get completely wet and muddy
- 4 pairs of hiking socks (wool or synthetic; avoid cotton if possible)
- 1 pair of slippers/flip flops/tevas

## Accessories

- Small daypack
- Sleeping bag and very small pillow
- Sleeping pad
- 2 small towels
- Headlamp (works best) or flashlight with new batteries
- Toiletries (small bottles of waterproof sunscreen, insect repellent, soap, shampoo, toothpaste, etc.)
- Mess kit (reusable cup, plate, bowl, spoon, fork, knife)
- 2 large water bottles (at least 32 oz each) or CAMELBACK and 1 water bottle
- Spending money (\$30-\$50 for laundry, souvenirs, etc.)
- 3 small plastic grocery bags for wet clothes/shoes

## Optional

- Neoprene Rash guard (highly recommended for sun protection)
- Sun glasses/hat/visor
- Camera