



MONTANA: GLACIER NATIONAL PARK

Packing List

Mandatory Items

1 daypack/backpack: Gear capacity of 10-30 L. We recommend your pack have a cushioned waist belt and outside pockets to hold (2) 1-liter Nalgene water bottles.

1 rain cover for your pack.

Small roller suitcase or duffle: This will hold your street clothes and other personal items not needed on the trail. This will be left at the hotel during your day hikes.

1 pair of trekking poles: Adjustable shaft recommended. No folding poles.

2 (1-Liter) Nalgene water bottles (Hydration bladders are NOT RECOMMENDED).

Bear Spray – MUST PURCHASE IN MONTANA.

Mandatory Items for Feet:

— 1 pair of hiking boots or shoes

— 3-4 pairs of lightweight hiking socks, preferably wool that fit the shoe listed above

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Mandatory Items for Legs:

- 1 pair of windproof/waterproof rain pants. Make sure they will fit over your hiking boots or have a full length zipper on the side of each leg for easy on and off and ventilation
- 3-4 pairs of long hiking pants and/or hiking shorts for the trail

Mandatory Items for Torso:

- 1 windproof/waterproof rain jacket
- 1 medium to heavyweight down jacket
- 1 light to mediumweight jacket or fleece
- 2 long sleeve non-cotton t-shirts
- 2 short sleeve non-cotton t-shirts

Mandatory Items for Head:

- 1 warm beanie cap
- 1 wide-brimmed hat or visor
- 1 headlamp with batteries
- 1 pair of sunglasses, side protection recommended

Mandatory Items for Hands:

- 1 pair of light to mediumweight gloves

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Additional Important Items to Bring:

- \$200 USD per person in tips for hotel and restaurant staff.
- International clients need to check visa requirements for the country stated on their passport.
- Toiletries
- Sunscreen
- Bug spray
- 1 lip balm with sunscreen
- 1 small personal first aid kit. Include personal medications to assist with digestive problems, headaches, soreness or other personal health issues that may be of concern. K2AT cannot administer these medications; it is your responsibility to bring your own.
- Any prescription medications you may need during the trip
- Electrolytes (2-3 servings per day)
- Gu or other energy gels
- Lunches and snacks for 3 days
- 1 pack of tissues or 1 travel roll of toilet paper
- 5 medium Ziploc (plastic) bags
- 1 spare pack of batteries for headlamp
- 3 ft. (1 m) of Duct tape. Wrap around your trekking poles
- 1 small container of hand sanitizer gel
- Casual clothes for dinners and for wearing around town
- Undergarments

Optional Items to Bring:

- 1 buff or scarf for dust
- 1 set of earplugs for sleeping
- 1 Journal and pen/pencil
- Book
- Camera
- Music
- 1 pocket knife or multi tool
- Bathing suit for hotel

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Important:

- International clients need to check the visa requirements for the country stated on their passport
- Label all luggage with name and address
- Lock all luggage with TSA approved locks
- Check with your airline for specific baggage restrictions. Baggage fees vary by airline.
- Label the 2 Nalgene water bottles with your name
- Use your backpack as your carryon bag for your flight. Keep all medications inside the backpack and wear or carry your hiking boots.

Resources:

www.blackdiamondequipment.com
www.sierratradingpost.com
www.rei.com
www.backcountry.com
www.moosejaw.com
www.northface.com
www.mountainhardwear.com
www.marmot.com
www.leki.com

We look forward to traveling with you!

Kevin Cherilla
kevin@k2adventures.org
602-686-6146

Kristen Sandquist
kristen@k2adventures.org
480-797-2950

Taryn Borges
taryn@k2adventures.org
512-576-2657

