Below is your comprehensive packing guide for your 2015 P-SOOP trip, and for any warm-weather hiking trip for that matter. Packing for a hiking trip is a balance between making sure you have the gear you need to stay comfortable in an unpredictable backcountry environment, but not overloading yourself with pounds of extra stuff.

Fabrics: Synthetic fabrics are best for hiking trips because they are typically wicking, fast drying, and will still keep you somewhat warm when wet. Do not bring all-cotton clothes, including denim or sweatpants. These are either heavy or absorb water too easily. You should not have to go out and buy the latest and greatest hiking clothing. Athletic warm-ups, athletic shorts, and 50/50 cotton synthetic blends will be more than adequate.

The following four items are available to rent in the P-SOOP Participant Information Form. If you already own any of these items, or are able to borrow them, PLEASE BRING YOUR OWN:

• 1 sleeping bag with stuff sack: Any summer weight synthetic fill bag will do (like Polarguard Delta, CloudLoft, Primaloft, Thermic CF). If the bag has a temperature rating, a 35° to 45°F bag should be more than fine. The bag should have a nylon shell both inside and outside. Down bags are acceptable but extra care must be taken to keep them dry. Do not bring bags with cotton shell, fill, or lining—if they get wet you'll never get them dry.
• 1 external or internal frame backpack with shoulder straps and padded hip belt. External frame packs should have 2,000 - 3,000 cubic inches of volume and internal frame packs 4,000 - 5,000 cubic inches. Make sure the pack fits well and that all straps and zippers are in working order. If you have an external frame pack, bring sleeping bag straps, bungee cord, or rope to hold your sleeping bag onto the pack.
• 2 one-liter water bottles (like a Nalgene or plastic Gatorade bottle)
• 1 sleeping pad: closed-cell foam (i.e. RidgeRest®) or inflatable camping pad (i.e. Thermarest®). Sleeping pads provide padding and insulation for more comfortable sleeping.

The following are not available for rent. You are responsible for bringing the following items.

FEET:
• 1 pair of lightweight hiking boots* Make sure your boots are well broken in before you arrive! Blisters are no fun.
  *Sneakers are usually fine as well but remember that most sneakers are not waterproof and they do not provide the same ankle support on uneven terrain.
• 1 pair camp shoes (optional but it’s nice to have something to change into at the end of the day. We recommend Crocs, light comfy sneakers, or sandals with straps)
• 2 pairs light liner socks (optional but these help reduce blisters)
• 2 pairs medium weight wool hiking socks
LOWER BODY:
- **Underwear** as needed
- **1-2 pairs shorts**
- **1 pair long pants, loose fitting**: cotton/synthetic blend, fleece, nylon, or some other synthetic material.
- **1 pair waterproof rain pants** (optional but can be the same as your loose fitting long pants)
- **1 bathing suit** (optional)

UPPER BODY:
- **1-2 t-shirts**: synthetic or 50/50 cotton/synthetic blend
- **1 long-sleeve shirt**: cotton/synthetic blend, polypropylene, athletic warm-up
- **1 lightweight jacket/sweater**
- **1 rain jacket or poncho**

HEAD:
- **1 brimmed cap**: for sun and rain protection (optional)
- **1 beanie**: for warmth at night if you know you get cold easily (optional)

MISCELLANEOUS:
- Any medications you will need to take during the trip (allergy meds, etc. Please bring your EpiPen if applicable)
- Glasses / contacts / solution if you need them
- **1 small flashlight or headlamp**
- **1 cup** preferably with handle
- **1 bowl** (a medium-sized Tupperware container works well)
- **1 spoon**
- **1 pocketknife** (optional)
- **1 toilet kit**: Just the essentials (toothbrush and small tube of toothpaste, comb/brush, sunscreen, lip balm. Do not bring smellables like shampoo, soap, shaving cream, deodorant, etc. These will attract insects and bears, probably in that order. P-SOOP will provide hand sanitizer.)
- **1 bandana or handkerchief** (optional but handy...pun intended. Can double as towel)
- **1 pair sunglasses** (optional)
- **Women**: bring any feminine sanitary products you expect you will need
- **1 small towel** (optional)

Trekking poles will not be needed on your P-SOOP trip. You do not need to bring any food of your own.

Please don’t feel overwhelmed by this list – we’re being thorough to ensure you have the best experience possible. As always, feel free to contact p-soop@columbia.edu with any questions. We look forward to taking this hike with you!