



## Suggested Packing List for Men's Retreats in Jackson, WY

### Gear Considerations

The list below is meant to be a suggestion for layers and gear to consider. You are not obligated to follow this exactly. Please pack so that you can layer up or down depending on the weather.

### Upper Body Layers

- Multiple T-shirts – lightweight polyester or Capilene (not cotton).
- Middle Layer – Fleece pullover or fiberfill jacket or wool sweater
- Top Layer – Synthetic puffy zip jacket
- Rain Jacket – waterproof with hood, coated nylon or breathable fabric i.e. Gore-Tex

### Lower Body Layers

- 1 or 2 pairs of Nylon Shorts – to hike in
- Base Layer – mid weight synthetic or Capilene bottoms
- Waterproof Rain Pants – Optional but very helpful - check the weather ahead of time)
- Sweat pants or joggers (for yoga)

### Head, Neck, Hand Layers

- Baseball Cap
- Wool or Fleece Hat
- Gloves

### Miscellaneous Items

- Day pack (small backpack to carry water, food and layers)
- Trekking poles (recommended for those with knee or hip issues)
- Head Lamp / Flashlight
- Insect Repellent
- Toiletries
- Sunglasses
- 2 Water Bottles or Hydration System
- Ear plugs for sleeping in group cabin

### Footwear – VERY IMPORTANT

- Socks – Wool or wool/polypropylene
- Shoes – light weight sneakers (running, sandals, slippers, tennis, cross trainers)
- Boots/Trail Shoes – At least medium weight, waterproof, trail shoes or hiking boots. These will very likely get wet and muddy, so the better protection the better.



- o We suggest you do not bring brand new boots or shoes as this will likely cause blistering. Ideally you've broken in any boots or shoes you will be hiking in for at least a month.