

Master Packing list

Clothing

- Hiking shirts (2)
- Quarter zip light layer
- Lightweight fleece
- Hiking shorts (REI brand)
- Hiking pants (Kuhl convertible)
- Underpants (3)
- Heavy smartwool socks (cold weather)
- Medium smartwool socks (all-weather)
- Lightweight smartwool socks (warm weather)
- Handkerchiefs (2)
- Bandanas (2)
- Windbreaker (North Face)
- Raincoat (breathable)
- Packable winter jacket (cool to cold weather)
- Chaco sandals
- Shoes
- Buff (2)
- Lounge pants (sleeping)
- T-shirt for sleeping
- Hiking hats (2)
- Swimsuit (hot weather)
- Lightweight gloves (cool to cold)

Toiletries

- Toothbrush
- Toothpaste
- Dental Floss
- Deodorant
- Razor
- Medications
- Toiletry bag
- Lip balm
- Sunscreen
- Foot cream
- Skin lotion (aloe vera)

If staying in places with no bedding:

- Sleeping bag (Helio Sack 50)
- Silk sleeping bag liner

Miscellaneous

- Guidebook
- Paperback
- Mobile Phone
- Earbuds (corded)
- Pens, pencils and small notebooks
- Vinyl sleeves for credentials and receipts
- Lencent multi-charger
- iPhone charger for Europe
- Phone charging cables (2)
- Backup battery for phone (Charmast)
- Stuff knapsack (Osprey)
- Stuffsacks (3)
- First Aid kit
- Pocket knife
- Hiking Poles
- Nail clipper
- Camera
- Business cards
- Sunglasses
- Water bottles
- Phrasebook
- Washcloth
- Travel Towel

ID, etc ...

- Passport
- Passport card
- Photocopy of passport
- Currency (money clip)
- Wallet with 2 ATM cards
- Credit cards (2)
- Driver's license
- Other ID—

Backpack (Osprey Exos 38)

- Rain cover for backpack
- Carabiner clips

(source: Russeanes.com)