

NOMADIC BY NATURE GEAR CHECKLIST

WHAT WE PROVIDE:

INDIVIDUAL GEAR

- Backpack, including rain cover
- Sleeping bag
- Sleeping pad (at NBN, we use [foam pads](#) for versatility, if you would like an [inflatable pad](#), we recommend bringing your own)
- Tent (you will be able to choose a double tent to share with someone in your party or choose a single tent)
- Trekking poles
- Bug nets

GROUP GEAR

- All cookware
- Stoves/ fuel
- Water purification
- Food: NBN will provide all food — snacks (if you have specific snacks that you like, feel free to bring them with you!), breakfast, lunch, dinner and desserts. We are pleased and able to cater to all dietary restrictions, just make sure you fill out the health questionnaire. If you have specific snacks that you like, feel free to bring them with you!

SAFETY

- First aid kit
- Satellite phone
- Bear spray

SANITATION

- Hand soap
- Dish washing station
- Hand sanitizer
- Toilet paper and trowel

WHAT TO BRING:

(Click the links to see examples of recommended clothing)

CLOTHING

(Try to avoid cotton; synthetic layers will keep you dry and warm.)

- Socks—[wool hiking socks](#), 3-4 pairs
- A couple pairs of [underwear](#)
- One pair of [hiking pants](#)
- One pair of [shorts](#)
- Long sleeve shirt with hood (Protip: we call them [sunhoodies](#), this helps cover the back of the neck and ears)
- Short sleeve shirt
- [Lightweight fleece jacket](#)
- [Warm jacket](#) (on cooler weather trips, it is recommended to bring a fleece and a puffy jacket)
- [Rain jacket](#) and [rain pants](#)
- Ball cap
- Beanie (on cooler weather trips)
- Sunglasses
- Boots or hiking shoes (well broken-in)
- Camp shoes that will double as water shoes (Chaco, Teva, KEEN, Crocs, etc., something with a heel strap)

PERSONAL ITEMS

- Headlamp
- Chapstick
- Sunscreen
- 2-3 liters water carrying capacity (we recommend a [bladder system](#) while hiking, and a [reusable bottle](#) to make camp life easier)
- Handkerchief
- Toiletries — toothbrush, toothpaste, floss (we recommend storing these items in a ziploc bag with your name written on it)
- Wet wipes (store these in a ziploc to portion out the appropriate amount for trip length)
- Medications

Click the link for information about [women's hygiene in the backcountry](#).

GRATUITY

- Gratuity is extremely appreciated by your guide, industry standard is 15-20%.

LUXURY ITEMS

- [Binoculars](#)
- [Camp pillow](#)
- Camera
- [Backpacking chair](#)
- [Foam pad for sitting](#)

Feel free to bring your own gear, such as a backpack, sleeping bag, tent, etc., just bring it to the pre-trip meeting to make sure it is appropriate for the trip's conditions.

Reach out to us at any time while packing with any questions and concerns, we'd love to help!

And make sure to keep [training for the trip](#)! All of your hard work will pay off on the trail.

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