

# 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 pick your tent partner, or choose a single-person tent — you will not have to share a tent with someone outside your party)
- Trekking poles
- Bug nets

### GROUP GEAR

- All cookware
- Stoves/ fuel
- Water purification

Food: NBN will provide all food — snacks, 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.

### 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
- 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](#).

## LUXURY ITEMS

- [Binoculars](#)
- [Camp pillow](#)
- Camera

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!

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