

LCTA Recommended Personal Gear List 5 Day Lolo Trail trip

Base layers

- ___ 2-3 short sleeve shirts* 1 cotton OK
- ___ 2-3 long sleeve shirts* 1 cotton OK
- ___ Light-wt long underwear bottom or running tights*
- ___ 1-2 pr walking shorts for warm weather

Mid-layers

- ___ 1 pr pants*
 - ___ Mid to heavy-wt long underwear
- Top & Bottoms

Outer layers

- ___ Gortex or similar winter shell Jacket
- ___ Rain Pants
- ___ Fleece jacket
- ___ Cap with brim for shade or rain
- ___ 2-pair fleece gloves (1 light-wt, 1 heavy)
- ___ 1-2 fleece or wool cap

*All Synthetic material like Rayon or Under Armor

Shoes----Comfort comes first with shoes

- ___ Hiking boots that are water resistant
- ___ Gators
- ___ 8-10 pair hiking socks & camp socks

*Use quality synthetic & wool fiber or fiber socks like "smart wool" designed for hiking & walking. Extra socks will keep you comfortable at camp if wet weather.

Toiletries

Keep to a minimum & small quantities

- ___ Sunscreen (spf 30 & lip protection)
- ___ Aloe Gel (for sunburn or cuts, scraps)
- ___ Insect repellent
- ___ Biodegradable soap/shampoo
- ___ Unscented Lotion
- ___ Deodorant
- ___ Toothpaste and brush
- ___ Hair brush/comb
- ___ Handy wipes (travel size)
- ___ Personal medications

LCTA provides standard first aid kit on all trips. You may want to bring your own supply of preferred remedies for bee stings, allergies etc... Please specify on your reservation form any serious allergies or medical conditions.

Other

- ___ Day Pack –Big enough for water bottle, rain gear, lunch & misc. items
- ___ Towel - small
- ___ Zip-loc bags (water resistant storage)
- ___ Books (minimal)
- ___ Notebook/Journal & pen/pencil
- ___ Cash for snacks & souvenirs
- ___ Small flashlight
- ___ Water Bottle or camel back
- ___ Favorite snack or beverage/liquor

Camping Equipment-packed in dry bag

- ___ Sleeping bag (also available at LCTA)
- ___ Small camp pillow

Packing tips:

1. Pack layering systems for maximum versatility with minimal clothing.
2. Always be prepared for sudden weather changes.
3. Visit your local outdoor gear store, like REI and tell them the nature of this trip, they can help you find the most cost effective and appropriate gear. Trailhead or Bob Wards in Missoula

Packing requirements:

4. Pack in only one large soft duffel and one-day pack. Duffel goes on gear truck, daypack goes with you.
5. Keep valuables to a minimum, i.e. cash, credit cards, I.D. and carry in your pocket or daypack. Do not pack valuables/ID in duffel.

***It can snow on the Commemorative Trek.
Be prepared for winter camping
conditions and/or sunshine & warm***

Questions? Call LCTA

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- Local 406-728-7609
- Web www.trailadventures.com