

## 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

- Toll-free 1-800-366-6246
- Local 406-728-7609
- Web [www.trailadventures.com](http://www.trailadventures.com)