Updated June 2023

GO Trek Packing List

We're so excited to have you join us this summer! As we're sure you know, having the right gear can make or break an expedition, so we've crafted a list to help guide your choices. We've made every effort to ensure that this list is reflective of what you need, though you know yourself best. If you have any questions or concerns, please feel free to reach out. Please keep in mind that storage space for gear is limited.

1. **USE WHAT YOU HAVE**
   There's no need to go out and buy everything brand new for a Gulch expedition. We do consider the items on this list to be essential, but with that being said, in many cases, what you already have will work fine. If you have questions or concerns, feel free to reach out.

2. **BUY USED (or borrow) IF YOU CAN**
   It's easy to walk into your nearest gear store or log into your Amazon account and drop several thousand dollars on new outdoor gear. But oftentimes, you can find just as high quality and much lower priced gear at consignment shops or used gear stores online--Patagonia's Worn Wear, REI's Used Gear, and Arc'Teryx's RockSolid programs all offer premium outdoor gear that's better for the environment and way less expensive than buying new. There's a great used gear store in ABQ called Outdoor ReGear. Many a deal have been found at local Goodwills as well.

3. **SUPPORT YOUR LOCAL OUTDOOR STORE**
   We believe in supporting local small businesses and co-ops when possible--If you can purchase a needed item locally or from a co-op supplier, we encourage you to consider doing this.

4. **CONSIDER ETHICAL DESIGN AND PRODUCTION**
   The Southwest is a place rich with various cultures, histories, etc. We encourage our instructors and trekkers to consider if items they purchase and wear were designed and created ethically. For some further reading about indigenous designs in the outdoor fashion industry specifically, read here and here. A few articles about Latinx design can be seen here and here. We always encourage using gear that is produced ethically as well, with sustainability and as little environmental impact when possible.

Clothing		
Please note: layers are incredibly helpful in the Southwest. It's not uncommon to have a 50 degree temperature difference in one day and layers are the best way to ensure your comfort.		
Item	Quantity	Notes
T-shirts	4-5	Cotton T's work fine. Please leave your favorite t-shirt at home since there's a chance of it getting dirty, lost, etc.
Long Sleeve Shirts	1-2	Great part of the layering system. Can both offer sun protection as well as light warmth.
Pants	2-3	Many of our trekkers have found that a pair of hiking pants for backcountry travel, a pair of jeans or something similar, and something like a pair of leggings or sweats is a helpful combination.
Shorts	2	Nothing fancy is necessary, whatever you prefer to wear will work.
Mid-Layer (fleece top)	1	A warm fleece layer to use either as a middle layer when it is cold, or a top layer when it's chilly.
Top Layer ("puffy" jacket)	1	A warm, synthetic or down-fill insulated "puffy" jacket that fits over your other layers. A hood is recommended. Please note that down requires extra care in wet conditions.
Underwear and bras	7-10	Cheap, don't take up a lot of space, it's worth it to pack an extra or two.
Long underwear (top and bottom)	1	Synthetic or wool base layers.
Rain Layer	1	Some people are into ponchos, some prefer rain jacket and rain pants, some forgo rain pants altogether. Plan to be outside and relatively comfortable, even when it's raining.
Warm Hat	1	Fleece, wool, synthetic, whatever you've got. Very helpful for staying

		warm on cold mornings and evenings.
Swimsuit	1	Should be suitable for athletic activity. We do have a swimming pool at our Thoreau Basecamp.

Sleeping Gear (can be provided if needed - please let us know)		
Item	Quantity	Notes
Sleeping Bag	1	Despite popular belief, it does get cold in the Southwest at night. We recommend a synthetic fill or down fill sleeping bag rated to between 0 and 30 degrees. (The lower the rating the more comfy you'll be).
Compression Stuff Sack	1	Compresses the size of your sleeping bag to help with packing.

Packs and Bags		
Item	Quantity	Notes
Day Pack	1	We recommend a 20 liter day pack. Some folks prefer a single-compartment for everything, some folks prefer many smaller pockets for organization. The choice is yours, but you should have this day pack with you pretty much 24/7. We require all trekkers to carry ~2 liter sized water bottles, rainlayer, warm layer, sunscreen, hat, and headlamp. In many cases, a backpack used for school will work provided that it's comfortable to carry all day.
Duffel	1	For travel to Albuquerque as well as gear storage, a duffel of some kind is a great option. Luggage with wheels is challenging on the dirt pathways at Basecamp and in our campsite locations.
Laundry Bag	1	Can be helpful in keeping dirty laundry separate from your clean clothes.

Other Required Items

Gear	Quantity	Notes
Water Bottles	**3 one-liter bottles at a minimum**	Durable plastic or metal bottles work best. If you prefer a hydration bladder (Camelbak or similar), that's fine, but do make sure you have at least one water bottle in the event that your bladder breaks.
Headlamp	1	Plus extra batteries. Headlamps are preferable to flashlights as they allow you to keep your hands free to do things like getting ready for bed, dishes, etc.
Bandanas	1-2	Useful as a headband, to keep sun off, etc.
Sunglasses	1	Nothing fancy is necessary, but it is quite bright here.
Sun Hat	1	Wide brim, trucker, cowperson, old baseball cap, whatever suits your fancy and keeps the sun off your face. Even if you think you're not a hat person, our staff highly recommend bringing one in case. We have some awesome CGE trucker hats if that's your style!
Toiletries		We provide biodegradable soap/shampoo in our shower house. Please consider bringing BIODEGRADABLE products for use in our shower house. Please bring a toothbrush, toothpaste, deodorant etc. that you need to help yourself feel and be clean. Also remember that if you need glasses and/or contacts to see, bring more than one pair.
Notebook and pen	1-2	Keep a journal of your time with us, a place to keep sketches, ideas, notes, letters to family members, etc.
Towel	1	Quick dry, or "regular" is fine. To dry off after showers.
Lip Balm	1-2	If you're one of those people who is constantly losing lip balm, maybe consider bringing some extras.
Sandwich size tupperware	1	Some type of reusable container that would fit a sandwich or something similar for days when you'll be away from Basecamp and need to pack a lunch.

Footwear		
Please note: We are a closed toe shoe program. The only exception is that flip flops are allowed in the shower house as shower shoes.		
Gear	Quantity	Notes

Sneakers	1	Sturdy sneakers that are suitable for hiking,
Camp Shoes	1	Many of our trekkers enjoy having Crocs or something similar to change into while in camp.
Wool/Synthetic Socks	5 pairs	Some trekkers enjoy having several different weight socks to choose from i.e. thicker ones to sleep in or for very cold days. A few pairs of cotton are fine, but having a few pairs of hiking socks is helpful.
Shower Shoes	1	At our Thoreau Basecamp, we have a shower facility and having shower shoes helps keep it clean and sanitary for everyone. Those dollar store flip flops work great.

Optional Items		
Gear	Quantity	Notes
Camp Chair	1	Many of our trekkers enjoy having a Crazy Creek or something similar for hanging around camp and sitting at campfire.
Travel Pillow (optional)	1	Some trekkers enjoy having a small inflatable or foam travel pillow. Others simply use a balled up fleece jacket. Please do not bring full size pillows.
Instrument		If you play a portable instrument, please consider bringing it! No pianos, organs, full sized harps etc. please.
Watch	1	Since we are an unplugged program, depending on your cell phone for knowing the time is not an option. A durable, cheap option is fine.
Camera	1	Again, since we are unplugged, don't rely on your cell phone for pictures. Digital, film, and disposable are all options our trekkers have used successfully.
Sunscreen		We provide sunscreen, but if you are particular about what you like to use, bring your own.
Recreational tool	1-2	Many of our trekkers enjoy having some light entertainment in the form of a hacky sack, a frisbee, etc.
Books		We have a small library of books available to staff and trekkers, but you may want to bring some of your own.
Envelopes and stamps	A few	All of our Trekkers are engaged in a wilderness setting full time and therefore communication with them is more limited than

		some people are usually accustomed to. The most reliable means of regular communication remains the United States Postal Service. We send and receive mail at Basecamp everyday except Sunday and this is the best way for Trekkers to stay in touch with their family and friends.

Group Items--CGE will supply (no need to bring your own)	
First Aid Kit	We provide extensive first aid kits, no need to bring your own.
Cooking and Eating Gear	
Tent	