



Sacred Treks: Hiking in Patagonia

March 21-Apr 2, 2022 (13 days)

We invite you to join expert trip leader Cathy Ann Taylor for a wondrous exploration of **Patagonia**, the magnificent land at the “uttermost ends of the earth.” Its extraordinary beauty has been captured in two very special national parks—Chile’s Torres del Paine and Argentina’s Los Glaciares. On exhilarating day hikes, you’ll see the best that Patagonia has to offer, from the soaring, near-vertical Torres del Paine to the jagged shark fin of the Fitz Roy massif and the snow-clad spire of Cerro Torre. You’ll also take in views of iceberg-dotted turquoise lakes and mighty glaciers that calve blocks of ice with a thunderous roar. Wildlife abounds, and you may even have the chance to see guanacos, huemuls (a type of deer), and an avian parade of condors, Austral parakeets, and Magellanic woodpeckers. This is sure to be the adventure of a lifetime! In addition to the hikes, you’ll fly prayer flags as a tribute to the lives and memories of those who have faced breast cancer and help to raise funds for Breast Cancer Prevention Partners.

FUNDRAISING CHALLENGE

\$5,000. Please see page 10 for more information.

TRIP DETAILS

Moderate to Strenuous ▶ 8 days hiking on rugged terrain; 12 nights hotels, inns, or refugios.

ITINERARY

(You will need to leave the U.S. on March 20 in order to arrive in Punta Arenas on March 21.)



Day 1, March 21 ▶ Arrive in Punta Arenas

Arrive in Punta Arenas, Chile. You will be met by your trip leader for the transfer to our hotel. In the evening, we'll gather for a welcome dinner and trip orientation. Overnight at Hotel Cabo de Hornos, set right on Punta Arenas' main square and within walking distance of shops and restaurants.

D...Hotel Cabo de Hornos

Note—We encourage you to arrive in Punta Arenas a day or so earlier (transfer is on your own). This gives you a chance to begin the trip well rested and allows you to do a bit of sightseeing that isn't on the itinerary. Local excursions to see Magellanic penguins are available, or you may wish to just stroll around the town.

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Day 2, March 22 ▶ Punta Arenas – Torres del Paine National Park

From Punta Arenas we'll drive about three hours across the Patagonian plains to the quiet fishing town of Puerto Natales on the shores of Seno Ultima Esperanza (Last Hope Sound). Here we'll stretch our legs a bit and have lunch before continuing to Torres del Paine National Park, where we'll take in the first spectacular views of the Paine Massif (weather permitting). Because the sun sets late in Patagonia's summer, there's plenty of time to admire and photograph the amazing landscape. Overnight at Hotel Lago Grey, located on Grey Lake, surrounded by a crystalline glacier, granite mountains, and an excellent staging area for tomorrow's hike. (5 hours driving)

Tonight will be given a waterproof bag into which you must pack the clothing and other essential items you'll need for the upcoming two nights (Days 3-4). This bag will be carried by porters while you carry your own daypack with your camera, extra layers, rain gear, personal papers, medications, and lunch. Meanwhile, your duffel containing the rest of your belongings will be taken to a safe place and will meet up with you again at Estancia Cerro Guido on Day 5. The waterproof bag is limited in size (approximately 10 liters), so pack only the essentials.
B,L,D...Hotel Lago Grey or similar

Day 3, March 23 ▶ Grey Glacier

We arise early and board a catamaran and enjoy the views of the sunning Grey Glacier. After a 45 min. boat ride, we'll disembark at Refugio Grey where we'll start our hike to Paine Grande. The hike is relatively flat for the first hour, passing through a wooded area and crossing over small streams.

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There will be various opportunities to enjoy the Grey Lake on the right, the path will undulate a little until we reach a flat plateau area in the woods (1,500ft). We'll continue down to Lake Pehoé. Overnight at Refugio Paine Grande, which overlooks Lago Pehoé, in dorm-style accommodations with shared bathrooms. (7-8 miles hiking, 4 hours)
B,L,D...Refugio Paine Grande or similar



Day 4, March 24 ▶ French Valley

The magnificent French Valley is the setting for today's hike. In this natural basin ringed by the black slate "horns" of the Cuernos del Paine, we walk beneath the glacier-covered slopes of Cerro Paine Grande (9,364'), the highest summit in the range, and take in panoramic vistas of this extraordinary sweep of mountains. Two different hiking options are available: we can hike to the first plateau and enjoy spectacular views of the Paine Grande west face with its glacier or up to the mirador (viewpoint) above Camp Británico—another 3-hour roundtrip hike—for one of the most impressive views in the park (weather permitting)! Tonight, we'll stay in cosy cabins set on the mountainside right next to a waterfall on the most isolated spot of our journey. (Option 1: 10 miles hiking, 8 hours, 1,200 feet elevation gain; Option 2: 15 miles, 10-12 hours, 2,000 feet elevation gain)
B,L,D... Cabañas los Cuernos or similar

Day 5, March 25 ▶ Paso Los Cuernos

Today we begin our trek following the Paso Los Cuernos trail at a relaxed pace along the north shore of Lago Nordenskjöld between the jagged Paine Chico and the sapphire-blue lake. The scenery changes as you move from humid to dry and you start to appreciate the steppe landscape.

We walk the full length of the lake reaching the base of Las Torres mountains where we transfer to Estancia Cerro Guido, (7-8 miles hiking, 5 hours)

(Tonight we'll overnight at Estancia Cerro Guido, a historic and working Estancia with wonderful views of the National Park, the Paine Massif and the mythical Sierra Baguanales.)

B,L,D...Estancia Cerro Guido or similar



Day 6, March 26 ▶ Hike to the Torres del Paine

We rise early for our all-day hike to the Torres del Paine. After a transfer to the trailhead our path follows the Ascencio River over a low pass into the Ascencio Valley and cuts through thick beech forests and across talus-covered slopes. A meandering trail up through a barren landscape of jumbled rocks brings us right up to the base of the Torres del Paine, sheer towering towers of granite that thrust vertically into the sky. This is one of the “must-do” hikes in the world, and rewards us with a magnificent panorama of the towers rising majestically before us, with the gray-green glacial lake visible just below. Return to our hotel for dinner and overnight. (11 miles hiking, 8-10 hours, 2,500 feet elevation gain)

B,L,D...Estancia Cerro Guido or similar

Day 7, March 27 ▶ Los Glaciares National Park

We depart Torres del Paine National Park and drive across the border into Argentina. Be prepared for a delay of up to a few hours while crossing the border as formalities are attended to. Our drive continues along Lago Viedma, and we enjoy tremendous views as we approach the mountains and set our eyes on the spectacular peaks of Fitz Roy (11,072') and Cerro Torre (10,280), considered

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masterpieces of Los Glaciares National Park. The park is a UNESCO World Heritage Site and gets its name from the numerous glaciers that cover about half of the park, many of them fed by the Southern Patagonian Ice Field, South America's largest ice field. We arrive at the bustling "trekking capital" of El Chalten and proceed to Hotel Destino Sur, our comfortable and friendly "base camp" for the next four nights. (6-7 hours driving)
B,L,D...Hotel Destino Sur or similar



Day 8, March 28 ▶ Hike Piedras Blancas

Our introductory hike in the park is long, but totally amazing. A transfer brings us to the trailhead at El Pilar, where we set out on a hike through a beautiful forest with impressive views of the Piedras Blancas Glacier. Our trail takes us up to Laguna de los Tres, set below the impressive jagged peaks of Fitz Roy. Once at the top, we enjoy magnificent views of the surroundings before returning to our hotel for the night. You might want to take advantage of the hotel's wellness area this evening—there is a hot tub and sauna to ease your weary muscles. (14 miles hiking, 8 hours)
B,L,D...Hotel Destino Sur or similar

Day 9, March 29 ▶ Fitz Roy and Cerro Torre

Today's hike takes us through a varied landscape and over old glacial moraines to Laguna Torre, superbly set with a backdrop of the slender spire of Cerro Torre and Fitz Roy. The views are absolutely breath-taking and out of this world! (11 miles hiking 6-7 hours)

B,L,D...Hotel Destino Sur or similar



Day 10, March 30 ▶ Los Huemules

Los Huemules is an unspoiled 5,800-hectare private reserve created about 15 years ago to preserve the local ecology. In this wilderness unfrequented by many other hikers, we begin walking on a gentle uphill trail to Laguna del Diablo. This private area has been left to grow wild to increase fauna including huemuls (a type of deer), foxes, Magellanic woodpeckers, and puma. It is a place where we can enjoy impressive views and solitude. (10 miles hiking, 5-6 hours)

B,L,D...Hotel Destino Sur or similar

Day 11, March 31 ▶ La Leona Petrified Forest – El Calafate

Today we travel south across the steppe to El Calafate, a town named for the berry that, once eaten, guarantees your return to Patagonia! We'll stop along the way for a hike and a picnic lunch in La Leona Petrified Forest, a surreal maze of ancient petrified tree trunks, remains of dinosaur bones, and other fossils. Our hotel complex is near the centre of El Calafate; amenities include a spa and Wi-Fi. (5 miles hiking, 2 hours, 2 hours driving)

B,L,D...Hotel Posada Los Alamos or similar

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Day 12, April 1 ▶ Perito Moreno Glacier

After breakfast, we head to Perito Moreno, an active glacier on the southern arm of Lago Argentino. It is one of 48 glaciers that are fed by the Southern Patagonia Ice Field, and is a World Heritage Site. As we walk along the boardwalk viewing area, we can watch the glacier calve great chunks of ice into the lake from its 240-foot face, and we'll explore the area's picturesque trails on a short hike. (2-3 miles hiking, 1 hour) Tonight we gather for a festive farewell dinner and reflect on the wonders we've experience during the last few days.

B,L,D...Hotel Posada Los Alamos or similar

Day 13, April 2 ▶ Fly Home or Overnight Buenos Aires

Transfer to the airport for your flight home or extend your trip in Argentina's cosmopolitan capital of Buenos Aires. *You will need to transfer 3 hours from the domestic to the international terminal. B...



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LAND COST

- \$8295 per person (12-15 members)
- \$8795 per person (8-11 members)
- \$8995 per person (6-7 members)
- \$1500 single supplement

Rates quoted are per person, based on sharing double accommodations. Please note: Single accommodations are not available at Cabañas en los Cuernos or Refugio Paine Grande.

*Should you choose to pay with credit card there will be a service charge of 3.5%, the fee we incur from the bank.

Note—Prices listed are subject to change. We are occasionally faced with unavoidable cost increases due to fuel increases, costs of services or currency fluctuations that we cannot absorb. We will, however, do everything we can to keep prices the same as published.

LAND COST INCLUDES...

- Expert leadership
- Local guide/s in each park
- Accommodations in hotels, inns, and refugios
- Meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- Ground transportation (private driver/van for the full itinerary)
- Wine at dinner
- Maps
- Tips for porters, drivers, and staff at hotels & restaurants
- Transfers on day 1 and 13

LAND COST DOES NOT INCLUDE...

International airfare to Punta Arenas, Chile, and return from El Calafate, Argentina; meals not noted on the itinerary; individual transfers for early arrivals or late departures; trip insurance (we urge you purchase trip insurance to include trip cancellation & **emergency evacuation insurance is mandatory for Patagonia trips**); optional tipping to the trip leader and local guides; excess baggage charges; cost of medical immunizations; and items of a personal nature (sodas, alcoholic beverages beyond dinner, laundry, etc.).

TRIP PAYMENT SCHEDULE

At time of reservation25% of land cost
120 days prior to departure25% of land cost
90 days prior to departure.....Balance

CANCELLATION FEE SCHEDULE

From time of reservation
until 90 days prior to departure25% of land cost

89-60 days prior to departure.....50% of land cost
59 days or fewer prior to departure.....100% of land cost

THE FUNDRAISING CHALLENGE

With one in eight women in the U.S. being diagnosed with breast cancer in her lifetime, Breast Cancer Prevention Partners (BCPP) believes that *exposing the cause is the cure*. That's why it's the *only* national breast cancer nonprofit focused solely on prevention by eliminating toxic chemicals and radiation linked to the disease, and why Cathy Ann Taylor has been an avid fundraiser and advocate for the organization since 1997.

Giving back helps Cathy Ann honor her grandmother as well as countless friends who have had the disease. Through participating in BCPP's annual Climb Against the Odds challenge, her own mountaineering expeditions, and hosting 11 Sacred Treks to date, Cathy Ann has helped to raise **\$1.4M** for breast cancer prevention.

In joining Sacred Treks, you become part of a team helping to stop breast cancer *before* it starts. In addition to paying your own trip cost, members are asked to raise a minimum of \$5,000 in donations for BCPP. Nervous about fundraising? Here are two ways to meet your goal: 1) Write a personal check to BCPP, or 2) Ask your friends, family, or colleagues for a donation. BCPP will provide you a fundraising toolkit—including a personal web page and lots of creative ideas on best fundraising practices and how to share your story. Previous trekkers not only exceeded their goals but felt strengthened by the number of people who supported them. You'll also be supported with a training program and donated gear from BCPP's premier outdoor partners!

You can learn more about BCPP at www.bcpp.org.

Please contact Julie Pofsky at BCPP with any questions.
Phone: 415-321-2909

EXPERT LEADERSHIP

Expert leadership is the key to every successful trip. Cattara attracts knowledgeable and gifted leaders who are passionate about guiding trips and truly enjoy sharing the experience with others. They understand the cultures and traditions they work in and are a fountain of information. In addition to making sure everything runs smoothly and safely, Cattara guides enhance your experience by being educators, companions, and the best of friends.

TRIP LEADER



Cathy Ann Taylor, a high altitude trekking & cultural guide for the last 32 years will be leading his trip. Cathy Ann has trekked all over Nepal, Tibet, India and Bhutan, with well over 200 trips in the Himalayas (she still considers the Himalayas her “second home”)! She has also hiked extensively in the European Alps (Tour du Mont Blanc—six times, Tour of Monte Rosa, The Haute Route, Gran Paradiso, Scotland—three times, and the Dolomites—two times), the Georgian Caucasus—four times, South America (18 trips in Peru, 2 in Patagonia), and Uganda & Rwanda—five times. A devout hiker and mountain biker, she leaves no trail undiscovered, and her passion for the mountains, caring nature, and boundless energy are renowned. Her experience, knowledge, positive attitude (she can find the good in anything!), and her wonderful rapport with the local staff will enhance your experience. With the help of caring and like-minded individuals she has been able to manage the sponsorship of nineteen remote village children, all of whom are in boarding school in Nepal or in universities in India, Nepal, and the United States. She consistently gets rave reviews from members of her groups and has quite a following. Cathy Ann is active in the Breast Cancer Prevention Partners and has participated in sixteen expeditions, including Mount McKinley, Mount Cho Oyu, Mount Fuji, Mount Shasta, and Mount Rainier, which helped increase awareness of breast cancer. Cat’s special trekking program, Sacred Treks, benefits Breast Cancer Prevention Partners (formerly the Breast Cancer Fund). Past trips include Bhutan, Mont Blanc, Peru, Everest, Ladakh, Mustang, Georgian Caucasus, Sikkim, Dolomites, Cordillera Blanca, and Annapurna Sanctuary treks (she has raised \$1,400,000 to date!). Cathy Ann has also been active in the American Himalayan Foundation and has helped raised \$20,000 for their STOP Girl Trafficking project. She has also raised over \$15,000 for Lama Pasang’s Himalayan Children’s Care Home which houses 87 children from Mustang. She has also reached the summit of Ama Dablam (22,500') in Nepal and Argentina's Aconcagua (22,834'), the highest peak in South America. Cathy Ann is also involved in fundraising for the National MS Society and in 2020 raised over \$37,000 for the organization. Cathy Ann received an honorable mention in *Hooked on the Outdoors* magazine's Outdoor Person of the Year Awards, and also received a letter of recognition for her fundraising and environmental work from Speaker of the House, Nancy Pelosi.

PHYSICAL EXPECTATIONS

You should be an experienced hiker in good physical condition. The trip is rated moderate to strenuous, as you will be hiking five to ten hours on most day on rugged mountainous terrain with sometimes harsh weather. There are shorter hiking options on some days. All hikes take place below 4,000 feet, so altitude acclimatization is not an issue. There are a couple of long drives on the trip (Days 2 and 7), but we will try to stop often to stretch our legs. For physical preparation, we recommend regular cardiovascular exercise for one hour at least 4-5 times a week. We suggest stair climbing, running, and mountain biking on hills, squats, and lunges or elliptical or treadmill training in the gym. And, of course, the best way to train for a trek is to go hiking! We recommend you get out on the trails at least once a week. Wear your boots and daypack and pick some trails with hills so you can strengthen your leg muscles and build up your stamina. We believe other important prerequisites are a spirit of adventure and a positive attitude.

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TRAVEL DOCUMENTS

You will need a passport, valid for at least six months beyond the date of completion of the trip. No visas are required for U.S. citizens for this trip. Upon entering Chile, you will be given a Tourist Card; keep it with your passport as you'll need it when you leave the country to enter Argentina. You will need to show your Covid – 19 vaccination certificate and a negative Covid – 19 test within 72 hours of travel.

Note—it's a good idea to make a photocopy of the photo page of your passport and carry it separately from your passport. If your passport is lost or stolen, a photocopy will help the local consulate speed up authorization for replacement. Extra passport photos can also be helpful to have just in case.

AIR TRAVEL

Airfare is not included in the land cost of the trip. For air reservations, please contact the airlines directly, either by phone or via the Internet. Plan your arrival in Punta Arenas by 3:00 p.m. on Day 1 if possible. Many travelers elect to use their “frequent flyer” miles when traveling, but please check with us before purchasing or obtaining your tickets. We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip. Note—Names on air tickets and passports must match!

MEDICAL MATTERS

No vaccinations are currently required to enter Chile and Argentina, but usual immunizations for typhoid, tetanus, hepatitis A, and polio are recommended. Covid – 19 vaccination certificate and negative tests will be needed. These regulations and recommendations change frequently, so please check with your local health department or the CDC for more information (www.cdc.gov).

Please advise us of any pre-existing medical conditions that may affect your health on the trip (recent injuries or surgeries, chronic illnesses, etc.). We recommend you bring your own personal first-aid kit, pain killers, and allergy medicines if you are prone to allergic reactions (especially epipens if you are allergic to bee stings). Moleskin or Second Skin for blisters is also recommended, as well as Band-Aids and antibiotic ointment. Consult your doctor about bringing other medications, such as antibiotics like Cipro. The trip leader will also carry a basic kit for emergencies, but will not have any prescription medications.

MONEY MATTERS

You should bring enough money for any souvenirs you may buy, plus a few items like aperitifs, extra beverages, and the like (most of your meals are included in the cost of the trip). Depending on how much of a shopper you are, \$600-\$800 should be plenty for incidentals, souvenirs, and gratuities to the trip leader and driver. At least US \$550 per guest is recommended for the trip leader and at least \$300 per guest for the local guides (\$150 per guest for the main local guide, \$75 per guest for the assistant guide in Chile and \$75 per guest for the assistant guide in Argentina). You can present your gratuities to your trip leader and guides individually.

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The currency of Chile is the Chilean Peso, and the currency in Argentina is the Argentine Peso. You will want to check the current rate of exchange just before traveling when planning how much cash to bring with you.

We suggest you withdraw money from an ATM in Punta Arenas before the trek begins, as there are few ATMs along the way while trekking.

WEATHER & CLIMATE

The weather in Patagonia is wildly unpredictable. You can have all the seasonal elements—rain, wind, snow, sun—all in one day! We've chosen Patagonia's fall when it can be less crowded, windy, more clear, and offer fall foliage. Each day on the trail you need to be prepared for a variety of weather conditions: for that reason, you will carry your raingear and warm jacket in your daypack every day, even if the morning starts out bright and warm. Dressing in layers that can be adjusted to suit the prevailing conditions is highly recommended.

WHILE ON THE TRIP

Accommodations in this area of the world are simple, but they offer great access to our hiking trails. We'll be staying in a combination of hotels, inns, and refugios. Expect dorm-style accommodations at the Cabañas en los Cuernos and Refugio Paine Grande, with shared bathrooms (there are separate bathroom facilities for men and women).

FOOD & WATER SAFETY

Water provided by your guides is safe to drink. When traveling within Patagonia, the local tap water is generally potable. However, at hotels or on your own, we recommend using bottled water, readily available for purchase.

INCIDENTALS

Laundry: You will not really have time to have your laundry done during the hike, but you can hand wash a few items and hang them to dry in your room. We have a two-night stay at Estancia Cerro Guido and four nights at Hotel Destino Sur, so there is ample time for clothes to dry. Synthetic, quick drying fabrics are best (see the equipment list). Toward the end of the trip, there is a laundromat in El Calafate near the hotel where you can drop off your laundry. Note that they use heavily-scented detergent.

Electricity: Chile and Argentina are on the 220V system. Plugs in Chile usually have two or three round pins (type C and L); plugs in Argentina usually have three slanted flat pins (type I). If you are planning to use something like a hairdryer, electric shaver, camera battery, or phone charger, bring a converter and a selection of plug adapters (you can buy these in drugstores or travel specialty stores in the U.S.).

Time Zones: Chile and Argentina are two hours ahead of New York and five hours ahead of California.

Communications: While we discourage the use of cell phones on our trip, we can't deny the fact that you may want to be in touch with your friends or family. Please be sensitive to the needs of others and use them in the privacy of your room. The international dialing code for Argentina is 54; for Chile, 56. Contact your cell phone service about international coverage. Wi-Fi is very limited while in Paine National Park, and is sometimes available at extra cost. The hotels in Chile and Argentina have internet access.

WHAT TO BRING: CLOTHING & EQUIPMENT LIST

Packing Notes

It's best to go as light as possible and take only the essentials. Excess baggage can be a burden, not only to you but to support personnel.

Always bring all irreplaceable items, such as camera, medications, important documentation, and trekking boots in your carry-on luggage.

Luggage

- Duffel bag, large enough to hold your hiking and city clothes. It should have a full-length zipper (for easy access), and be sturdy. Soft – sided wheeled duffels are OK to bring, but hard-shelled suitcases are not advisable (they are difficult to load compactly in the vans).
- Daypack with a capacity of about 2,800-3,200 cubic inches, with a good padded waist belt. It can double as your carry-on bag.*
- Spare roll-up duffel (optional). This is essential if you wish to bring home those great souvenirs! It should be lockable.

*Remember, you must carry a warm layer and rain gear with you every day on the trail, as well as your picnic lunch, 2 liters of water, sunscreen, warm hat, gloves, camera, and cover for daypack in case of rain. Be sure your daypack is large enough!

Clothing Notes

You should be prepared for very unpredictable weather. The weather in Patagonia is very unpredictable and can change drastically and unexpectedly. Strong winds are often prevalent. Bring comfortable clothing that will protect you from cold and possibly wet weather. Synthetic or wool fabrics are the most effective barriers against the cold. They provide the best insulation, are light in weight, wick away perspiration, and dry quickly if wet. (Cotton garments are not good in cold or wet mountain conditions.)

When layering, your innermost layer should be a synthetic T-shirt or long underwear. The middle layer can be a synthetic turtleneck or wool shirt, and pants. The outermost layer should be a synthetic fleece or puff jacket, and/or a good quality wind/rain parka and over-pants.

We haven't included quantities for each item listed. Use your own judgment, based on the expected weather conditions, your personal needs, and the overall weight restrictions for your luggage. Note: It is acceptable to wear clean hiking pants and a shirt to dinner every evening.

Underwear

- Regular underwear. Synthetics are easier to wash and dry.
- Thermal underwear (lightweight), top and bottom.

Socks

- Casual socks (synthetic for easy washing and drying) that are suitable for your walking (not hiking) shoes.
- Light-weight hiking socks (synthetic or wool/synthetic).
- Synthetic or silk sock liners—optional. Some people wear sock liners to help prevent blisters, and some wear the same pair of hiking socks for three days in a row and achieve the same result.

Shirts

- Long-sleeved, synthetic or wool shirt.
- Short-sleeved synthetic T-shirts (in case we have some hot, sunny days on trek).
- Shirts for non-hiking activities.

Pants

- Full-length synthetic hiking pants or synthetic sweat pants.
- Fleece pants for evening.
- Casual pants or skirts for non-hiking activities.

Outerwear

- Medium-weight jacket of synthetic fabric such as fleece thinsulate puff.
- Rain/wind parka (must fit over bulky clothing).
- Rain/wind pants, preferably with full-length side zipper (must fit over your other pants).
- Light-weight gloves (wool or fleece).
- Waterproof daypack cover (most backpacks have these built – in).

Head Gear

- Sun hat with wide brim, preferably with a chin strap to keep it from blowing off, or baseball cap.
- Fleece or wool hat
- Bandana or BUFF. A generally useful item—it will keep your neck from getting sunburned and can double as a hand towel in the field.

Footwear

Please break new boots in well before the trip.

- Medium-weight hiking boots with padded ankle, good arch support, and lug sole for traction. Your hiking boots must be waterproofed, well broken in, and suitable for prolonged walking on rocks.
- Comfortable walking shoes to wear while in towns.
- Sandals or flip-flops for showers.

Other Items

- Water bottles, 1- or 1.5-quart capacity. Make sure they are leak-proof. Bring 2 and mark them with your name or initials as several people may have the same bottle.
- Hiking poles—highly recommended. These are essential to relieve the impact on your knees during long downhills; they are also useful on uphill. Practice with them before the trip.
- Toiletry kit—soap, toothbrush, etc.
- Purell hand sanitizer for quick hand washing and hygiene (a must!).
- Toilet paper and a Ziploc bag (for stops along the trail).
- Personal medical kit, including blister protection.
- Ace bandage or brace if you're prone to sore knees or ankles.
- Sunglasses (100% UVA/UVB protected).
- Spare pair of prescription glasses, prescription sunglasses, or contact lenses.
- Sunscreen lotion and lipstick of SPF 25 or higher.
- Small TSA padlocks or combination locks for your duffels.
- Heavyweight plastic garbage bag to help keep the contents of your daypack dry during hikes.
- Headlamp with spare batteries.

Optional Travel Accessories

- Camera and plenty of memory cards, extra batteries.
- Electrical adapter/converter plug.
- Repair kit with needle, thread, and safety pins.
- Pair of compact binoculars.
- Swiss Army-type pocket knife.
- Powdered electrolyte mixes for your water.
- Your favorite trail snacks or supplements, especially if you have dietary restrictions.
- Reading and writing material.
- Swimsuit.
- Sit upon pad for trailside stops.
- Biodegradable laundry detergent (for hand-washing clothes).

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