

Mountain Retreat

Packing List

Gear up for a mountain getaway like no other!

-  **Passport and travel documents**
-  **Medications & copy of prescriptions**
-  **Toiletries**
-  **Warm, moisture-wicking clothing layers**
-  **Rainproof jacket and pants**
-  **Woolen socks**
-  **Comfortable walking/hiking footwear**
-  **gloves, hat, and scarf**
-  **bathing suit/trunks & coverups/rash guards**
-  **Hand and foot warmers**
-  **Sunscreen and lip balm with SPF**
-  **Insulated water bottle**
-  **High-energy snacks and trail mix**
-  **Electrical adapter and charger**
-  **Camera and extra batteries**
-  **Headlamp or flashlight**
-  **Compact first aid kit**
-  **Insect repellent**
-  **Sleeping bag and camping gear (if camping)**
-  **Waterproof backpack with hydration system**
-  **Portable water purification system (if needed)**
-  **maps/compass/gps/navigation equipment**

Remember to adjust this list to your destination and needs