

What to Bring for a 3-5 Day Pack Trip

Plan to pack your gear in our soft duffel bag. We can supply these duffels at no charge upon request. Limit your gear to about 20 pounds please. Adjust this list for your individual trip.

CLOTHES

- 1 pair comfortable camp shoes
- 1 pair hard soled boots
- 3-4 pair of socks
- "moleskin"-especially if your shoes are new
- Underwear and T-shirts as needed
- 1 pair long johns (not cotton)
- 1 light weight shirt (long sleeves)
- 1 pair denim jeans- if you are a hiker- hiking shorts/ pants
- 1 warm jacket
- 1 rain slicker or complete rain suit
- 1 knit stocking cap
- 1 hat with brim (cowboy or baseball)
- 1 pair gloves

PERSONAL NEEDS

- Toiletry items
- 1 washcloth
- 1 small towel
- Prescription medications/vitamins
- Sunglasses and/or prescription glasses
- Sunscreen
- Lip balm
- Insect repellent

MISCELLANEOUS

- Water bottle
- Camera and extra batteries
- Flashlight
- Fishing pole and tackle

PLEASE DO NOT BRING: guns, pets, portable radios/players, computers, or cell phones

You may rent sleeping bags and foam pads for \$30.00 per trip (By reservation only)

SUGGESTIONS ON GEAR

CLOTHING: Plan to dress in lightweight layers. It will be chilly or cold in the morning and get warmer as the day goes along. Be able to peel off layers. Clothing should be comfortably baggy to allow freedom of movement and sufficient roominess in order to layer clothing.

DUFFEL BAGS & PACKING: All your gear should be packed in sturdy duffel bags except for your daypack, camera, fishing pole and tackle, raingear and a jacket. These items should be held out **BEFORE** our packers start to wrap and load your gear.

Your sleeping bag can be packed in its stuff sack and mattress pads should be rolled and strapped or tied. Fishing poles should be protected in hard tube cases. Poles will be carried on the pack horses. We recommend labeling all gear with name or initials. Breakable items should be well-padded inside duffel bags. Please be sure and tell our packers which bags contain breakables **BEFORE** they start packing.

FOOTWEAR: Bring well broken-in sturdy hiking boots if you plan to do much walking. Riding boots with a well defined heel are safer and usually more comfortable for riding. Wool socks with 100% cotton liners are great for feet sensitive to blisters or sweating. Tennis shoes or hard soled slip-ons are great for camp wear. Bring a few "moleskin" cushions if you are prone to blisters and pad touchy spots at the first sign of trouble.

PERSONAL NEEDS: We will provide a group first aid kit and trained certified personnel. If you regularly use items such as antacids, decongestants, rash or hemorrhoid ointment, eye drops, pain relievers, etc.. we suggest you bring your own supply. Sunscreen is a must. Please notify us of any special medical considerations i.e. diabetic, allergic to bee stings, etc...

CAMERAS: Equipment should have water-resistant and padded cases. We recommend you carry your camera with you as you'll probably want to take pictures of most our great country.

RAIN GEAR: This is a must! Bring good quality pants and jacket or poncho. Cheap plastic will tear easily. Be sure rain gear is large enough to fit over layered clothing.

LONG JOHNS & STOCKING CAP: A great thing to sleep in and will be handy if we run into some unusually cold weather.

FISHING LICENSE: A **MUST** have if you plan on fishing even only briefly during your trip. Licenses can be purchased locally before you pack in.

SPECIAL DIETARY REQUEST: Please let us know if you have specific needs when it comes to the food being served on the trip. We are happy to accommodate special request.

If you have additional questions that this information does not answer be sure and contact us at:
Mathew & Rebekah Cain 208-774-3591

info@mysticsaddleranch.com

P.O. Box 357

Stanley, Idaho 83278