
Bringing Adventure to Life

Things We Bring |

- A qualified and professional guide medically trained, energetic, knowledgeable, and friendly
- Well-trained and experienced trail llamas
- Healthy and filling meals (breakfast, lunch, dinner), and trail snacks
- Trekking poles for hiking and crossing streams
- A technical day-backpack to carry up to 25 pounds of personal belongings
- Industry-leading tents, sleeping bags, and sleeping pads (professionally cleaned prior to each trip)
- Approved bear spray for adults, and bear hanging gear
- Water filters and purification tablets
- Outdoor kitchen including cookstove, cookware, bowls, cups, and utensils
- Emergency equipment and First Aid Kit for both guests and llamas, as well as a satellite messaging device
- Our effort and commitment to our participants to make the tour informational, exciting, informative, and unforgettable

Meals |

Expect high-quality meals on our trips. Since llamas do the carrying, we can bring fresh and quality foods. We provide a diversity of foods with the necessary nutrition for sustained energy output including an assortment of proteins, carbohydrates, and fat. Meals are made from staples that travel well in the backcountry - rice, pasta, lentils, beans, couscous, oatmeal, granola, etc. Meals are also supplemented with trail foods such as crackers, cheese, granola, energy bars, fresh and/or dried fruit, protein bars, trail mix, candy bars, and electrolyte powder. Please be sure to let us know of any dietary needs. We can accommodate various preferences, diets, and allergies. Special dietary requests may require an additional fee or other arrangements. Important note: It's critical for you to inform us of specific dietary needs upon registering for a trip - it's too late once we are at the trailhead.

Things You Bring |

The following items are required (unless noted 'optional') for any participant on our trips - they are a must for safety and comfort. We hike in rugged terrain and weather conditions can change quickly.

- ☐ Sturdy hiking boots, mid-weight, lug-soled, height above the ankle, waterproof, and ideally well broken in. Important note: Buy your boots 1/2 size to 1 size large to allow for feet swelling and thicker socks and be sure to break them in for at least 25 miles before you arrive.
- ☐ Lightweight, closed-toed sandals or shoes such as Crocs (with straps) to cross streams and use in camp. Your hiking boots need to breathe (as do your feet) at the end of a long day of hiking.
- ☐ Hiking socks, one pair for every two days of the tour, plus an extra pair of socks to sleep in. Recommended brands include Bridgedale®, Smartwool®, Wright Sock® (double or single layer) or Darn Tough®. Some individuals wear a thin silk sock liner to protect feet from hot spots/blisters. No cotton socks, ever!
- ☐ Gaiters (optional, depends on the time of year).
- ☐ Sunhat or baseball cap, cotton bandana, sunglasses, and sunscreen.
- ☐ Warm hat and gloves - best is a lightweight beanie and light-to mid-weight fleece or wool gloves.
- ☐ Base Layer/Long Underwear: one pair of wicking tops and bottoms that are light-to-midweight, made of Capilene, merino wool, polypropylene, etc. No cotton.
- ☐ T-shirt or nylon travel shirt. Important note: Please, no cotton hiking clothing with the possible exception of a t-shirt.
- ☐ A warm, lightweight, and packable fleece jacket or a coat insulated with a synthetic material or down.
- ☐ Nylon or quick-dry pants and shorts, or zip-offs.
- ☐ Bathing suit (optional, only if you plan to soak or swim).
- ☐ Rainproof/breathable jacket and pant such as Gore-Tex® or DWR coated nylon. For pants, look for side-leg zippers or a style that will allow you to remove them without removing your boots.
- ☐ Water bottle(s) or bladder system, and/or a hard-sided water bottle (such as a Nalgene®) for 2 liters total capacity.

- ☐ Lightweight, quality dry bag or stuff sack (25-30 liter volume) to store clothes and belongings that go into a llama pannier during our hike.
- ☐ Lightweight, packable camp pillow (optional).
- ☐ Contact lenses and glasses (if you wear contact lenses also bring glasses - contacts may be lost and difficult to clean).
- ☐ Lip balm (optional)
- ☐ Bug repellent - preferably a product containing at least 25% DEET (unless sensitive to this product) and mosquito head net (optional).
- ☐ Toiletries including blister care. Store in a ziplock or reusable bag (for hanging at night in bear country).
- ☐ Small washcloth (bandana can serve as a washcloth).
- ☐ Headlamp and spare batteries (preferably an L.E.D. type that works with AA or AAA batteries).
- ☐ Camera (optional).
- ☐ Notebook (optional).
- ☐ Paperback book (optional).
- ☐ Knee brace, if needed.
- ☐ Prescription medicine (inform your lead guide of any medications you take); vitamins (optional).
- ☐ Fly fishing gear (optional) plus valid license and fishing regulations (it's the participant's responsibility to know the regulations and to purchase a valid license).
- ☐ Lightweight binoculars (optional).
- ☐ Flora and fauna field guides (optional).
- ☐ Money to tip your guide (optional and appreciated, generally 15-20% of your tour cost based on the quality of experience).

(updated March 1, 2021)