



Wild Women

Staying comfortable on this trip is all about packing light and bringing layers. Use this list to help you pack for the weekend. Remember, keep it light and only bring the essentials!

Updated 8/6/2024

Average Weather Conditions

Elevation	Avg. High Temps	Avg. Low Temps	Rainfall
<5,000 feet	70–80 degrees	50–60 degrees	Average rainfall in August is low: ~7 days of precipitation
>5,000 feet	60–70 degrees	40–50 degrees	

August is typically a dry month in The Enchantments, but that doesn't mean NO rain. It's a good idea to bring a very lightweight rain shell, just in case. Less precipitation also increases the risk of forest fires and smoke (yuck!) In general, you should plan for hotter temperatures in lower elevations (<5,000 feet), but more opportunities to find shade under the massive trees. As we gain elevation (>5,000), we'll start to hike above the treeline. Once above the treeline, we'll be much more exposed to the sun, but the air temperature will be cooler.

Thru Hike Gear List

It is strongly encouraged to keep your pack as light as possible without sacrificing the essentials. We recommend weighing your pack before the thru hike to get a sense of how much weight you'll be carrying.

Participants are required to bring the following items:

Required	Products we love	Tips/considerations
☐ Small daypack (<24L) or trail running vest	• REI Flash 22 Pack • Gossamer Gear Loris 25 Daypack • Cotopaxi Lagos 15L Hydration Pack • Dynafit Alpine 15 Vest	The bigger your pack, the more you'll be tempted to bring. There is a sweet spot between finding a pack big enough to fit the essentials, but not so big that you fill it unnecessarily. On a hike as long as this one, every ounce makes a huge difference!
☐ Waterproof trail running shoes (ideal) or hiking boots	Trail-running options: • Salomon Speedcross 6 GORE-TEX Trail Running Shoes • La Sportiva Jackall II GTX Trail Running Shoes • HOKA Speedgoat 5 GTX Trail- Running Shoes • HOKA Torrent 3 Trail Runner Shoes Boot options: • Salomon X Ultra 4 Mid GORE-TEX Hiking Boots • KEEN Pyrenees Waterproof Hiking Boots • Oboz Sapphire Mid Waterproof Hiking Boots	A few key considerations: 1. Make sure your boots or trail runners are waterproof, not just water-resistant. 2. Superior traction on the base of your footwear is really important for this thru hike. 3. We recommend going to your local outdoor store and trying on a few different options. The REI in downtown Seattle has fake "rocky" terrain that you should climb on to see how the shoe feels when going uphill, downhill, on uneven terrain, and stepping from "rock to rock".
☐ Headlamp and spare batteries	• Petzl Aria 2 RGB Headlamp • Black Diamond Astro 250 Headlamp (budget friendly option)	• Things to look out for: brightness, battery life, and a red light setting. If possible, consider an

		option that has a rechargeable battery as well as the ability to use real batteries in case of an emergency. • Headlamps die much quicker than we realize. They may also turn on accidentally in our packs, or we may forget to charge them overnight. Whatever the case, <u>you always want a source of light with you.</u>
☐ Hydration bladder (1-2L) AND ☐ 1L water bottle WITH water filtration capabilities YOU MUST HAVE BOTH!	Hydration bladder: • Osprey Hydraulics Lumbar Reservoir – 1.5 Liters Water bottle & filtration options: • Sawyer Squeeze Water Filter System • Katadlyn Be Free 1L Water Filtration Bottle • Platypus Quick Draw 1L Water Filter System • Platypus DayCap In-Bottle Filter (+ 1L Nalgene water bottle)	• Most people are <i>more likely</i> to drink water if it is easily accessible through a hydration bladder since they can sip on the straw as they hike.
☐ 1 pair of hiking pants (quick-dry, lightweight)	• Range Pro Zip-Off Hiking Pants • Outdoor Voices RecTrek Zip-Off Pants – Women's • REI Co-op Sahara Convertible Pants	• Convertible hiking pants make sense for this thru-hike since we'll be encountering variable temperatures throughout the day
☐ 1 hiking top	• Mountain Hardware Crater Lake Active Hoodie • Cotopaxi Sombra Long-Sleeve Sun Shirt	• Do not wear cotton! Look for synthetic materials or wool

	• prAna Sol Searcher Short Sleeve Henley • prAna Iguala Top	
☐ Synthetic sports bra and underwear	• Tera Kaia has amazing options! • Lauren's favorite budget-friendly hiking underwear from Amazon	• Do not wear cotton! Look for synthetic materials or wool
☐ Outdoor sunglasses	• Goodr • Blenders	
☐ 1 pair of wool hiking socks	• Darn Tough Socks are some of our favorites. They have a lifetime warranty!	• If you are prone to blisters, consider getting hiking liner socks
☐ Lightweight rain protection	• REI Co-op Rainier Rain Jacket (budget-friendly option) • Outdoor Research Helium Rain Ultralight Jacket	
☐ Lightweight puffy jacket	• Mammut Albula Hooded Insulated Jacket • Mountain Hardware Women's Ghost Whisperer UL Jacket	
☐ Trekking poles		
☐ Toilet paper in a ziplock		
☐ Rain cover for pack OR dry bag/stuff sack for inside of pack		

THE 10 ESSENTIALS

[The 10 Essentials](#) are the items you should bring on *every outdoor adventure* so you are prepared in case of an emergency. For the thru-hike, we are asking you to bring an abbreviated list since your guides will be carrying some of these items for you. **Each participant should plan to bring:**

- ☐ Small sunscreen bottle or stick
- ☐ SPF Chapstick
- ☐ [SOL Emergency Blanket](#) (*included in your Welcome Bag*)
- ☐ First Aid Kit Supplies for treating and preventing blisters (i.e. ziplock with bandaids, [Leukotape](#), Ibuprofen, and [blister gel pads](#))
- ☐ Your prescription meds / OTC meds you'd like to have with you
- ☐ All of your snacks for the thru-hike
- ☐ Lighter (*included in your Welcome Bag*)
- ☐ Map of the Enchantments Thru Hike downloaded onto your phone and saved "offline"

Items for other weekend activities

- ☐ Swimsuit
- ☐ Beach towel
- ☐ Waterproof shoes/sandals for river-floating
- ☐ Dry bag for river floating
- ☐ Toiletries
- ☐ Cabin chill clothes
- ☐ Leavenworth wine-tasting/dinner outfit
- ☐ Downtime activities at the cabin: book, craft projects, journal, headphones, etc.

Strongly Recommended	Products we love
☐ Kula Kloth	Women-specific pee cloth? Amazing.
☐ Baseball hat / Sun hat (look for something quick-drying, light, and foldable)	• Cotopaxi Tech 5-Panel Hat • <i>You are also receiving a tech hat in your Welcome Bag!</i> 😊
☐ Mid-layer: if you are prone to a lot of variation in body temperature, you may benefit from packing a mid-layer to wear when needed. This is an optional item because it is up to you to decide on the cost (heavier pack, less likely to use) vs. benefit (more comfortable in the morning when we start)	• Patagonia R1 Full Zip Hoodie
☐ Sun buff or cooling towel	• Skida Sun Buff • Frogg Toggs Cooling Towel

Wild Women Escapes <u>will provide/carry these group items</u>	
Emergency 2-Way Satellite Device	
Lunch for the thru hike	
Group First Aid Kit	
Emergency Sleeping Bag & Shelter	
Knife, Fire Starter, Jet Boil, Fuel, and 2 Extra Meals	

