

## What to Wear, What to Bring

We have four suggestions (born of experience) about packing. First, be prepared for the season and be ready to put on or take off layers of clothing as necessary. Second, pack as little as possible; most people take more clothing than they need and end up hauling too many heavy suitcases. Third, consider using smaller suitcases with wheels and pull-handles. And, fourth, here is a list of particularly important things, some of which you might not think to bring along:

- A warm jacket, heavy sweater or sweatshirt, and long pants for the higher elevations and cool nights
- Light-weight long pants for protection while hiking in wooded areas
- Rain gear, including slickers and/or light-weight raincoats/jackets, and umbrellas
- Comfortable walking or hiking shoes that have been well broken-in
- A wide-brim hat and sunglasses with ultra-violet protection, because the sun (and UV) is more intense at higher elevations
- A camera and plenty of film or digital space, to capture those special scenes, animals or moments (if you use film, buy a lead-lined pouch at a camera store to pack it in, and put it in your carry-on bag, to avoid damage by airport scanners)
- Binoculars, especially to see wildlife or scenery up close
- A small first aid kit, to take care of potential blisters, cuts, headaches, colds and heartburn, plus a thermometer and tweezers
- Prescription medications, plus physician names and telephone numbers
- Telephone numbers of other emergency contacts (family and friends); also, leave your itinerary/phone (including cell phone) numbers with them
- A needle and thread, for emergency clothing repairs
- A pocket or Swiss Army knife with a can opener, also for emergencies (if you fly to your destination, this must be put in checked baggage)
- A flashlight with fresh batteries, to help you get around at night in unfamiliar surroundings
- A compass, insect repellent, sun screen, lip salve, matches, toilet paper, fanny pack, and canteen or water bottle, if you plan to hike
- Dress-up clothes, if you intend to dine in upscale restaurants; otherwise, you won't need them.

**A freebie from [www.pridepublications.com](http://www.pridepublications.com)**