

# PACKING LIST - YELLOWSTONE

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Yellowstone. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

### Dress for the Weather

Weather in Montana can be variable and extreme; it can snow any day of the year! It might snow in the morning and be in the 60s in the afternoon. In June, the average high ranges from 60 to 70, and the low is in the low 40s. We highly recommend layering as it allows you to add or shed clothing according to the weather and your level of exertion. It is strongly recommended that you do not wear cotton clothing outdoors, especially next to your skin, even in summer. Cotton absorbs your body moisture and remains cold and wet, whereas the proper synthetics or merino wool allow moisture to wick and will keep you dry and warm.

### Luggage

You will be traveling in a 12-15 passenger van, and there is not a lot of room for luggage! It is imperative that you do not bring a large suitcase or duffel bag. Your duffel bag should be no larger than 30" x 14" x 14". It can have wheels. Your carry-on bag should be your daypack, which you will need to carry for most of your activities during the day time. It should be able to fit under the seats in the van (the size that would fit under an airline seat).

## PACKING CHECKLIST

### Clothing & Gear

- Daypack
- Duffel bag (see note above)
- 2 long-sleeve, quick dry shirts (UPF fly fishing shirts work well)
- 2 pairs lightweight, quick dry pants (zip-off to turn into shorts or roll-up to turn into capris are best)
- 2 light or medium weight top and bottom long underwear
- 1 lightweight fleece shirt/sweater
- 1 mid-weight fleece sweater/jacket
- 1 down vest
- 1 rain jacket with hood (should stop wind but remain breathable)
- 1 pair rain pants
- 1 pair gloves
- 1 sun hat
- 4 pairs light sock liners
- 4 pairs wool socks
- 1 pair sturdy hiking boots/shoes (well broken in!)
- 1 pair athletic sandals (Chacos, Keens, or Tevas)
- Casual clothing for evenings
- Casual shoes for inside
- Bathing suit
- Pajamas/robe
- Water bottle (minimum 1 quart)
- Your favorite snacks
- National Park Pass - if you have a senior pass or any National Park pass, please bring it with you
- Hiking poles (if you'd like to rent these in Montana, please let us know. The cost is \$30 for the week)
- Masks/face coverings

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## AdventureWomen Essentials

- Travel documents (identification documents, airline tickets/itinerary, money)
- Write down or print out your travel insurance number
- Locks for your luggage
- Travel alarm clock with spare batteries or phone
- Headlamp or small flashlight with spare batteries
- Binoculars - 8x40/42 center focus models are excellent - optional but great for wildlife viewing
- Digital camera, memory cards, battery charger
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toiletries: soap, shampoo, and conditioner (may be provided at certain hotels); toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs - we recommend silicone earplugs
- Assortment of stuff sacks and bags - please consider bringing reusable stuff sacks or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens
- Masks/face coverings (1 per day suggested)

## Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Person epi pen - if you need one, don't forget to pack it!
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets - helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.