

# PACKING LIST – BIG BEND

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Big Bend National Park. 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

The weather in Big Bend should be quite pleasant. Temperatures during the day should be in the 70s and fall to the 40s in the evening. Rain is unlikely, but rain gear is important just in case. Make sure to bring clothing appropriate for all types of weather – layers are key!

### Luggage

You will be traveling in a 12-15 passenger van, and we encourage you to travel lightly. However, there are no luggage restrictions. Your carry-on bag or personal item should be your daypack, which you will need to carry for most of your activities during the daytime. 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 – we recommend a hiking-style backpack between 20 and 30 liters with a comfortable hip belt. Your pack should fit several extra layers of clothing, water, your camera, and anything else you might want during the day
- 1 pair hiking boots or trail shoes with ankle support
- 1 pair water shoes or sandals/sneakers that can get wet
- 1-2 pairs synthetic hiking pants (ideally with zip-off legs) or shorts
- 1 pair warm leggings or hiking pants
- 3-5 synthetic t-shirts
- 1 warm hiking shirt or base layer
- 1 warm jacket (e.g., fleece or puffy)
- 1 rain jacket or shell (can double as wind-resistant layer)
- 1 sunhat (wide brim suggested)
- 1 warm hat
- 1 pair warm gloves (e.g., fleece)
- 1-2 Buffs or bandanas

- 3-5 pairs hiking socks that wick moisture
- Casual clothing for evenings
- Casual shoes for evenings
- Bathing suit
- Sleepwear
- Underwear & bras
- Nalgene or other reusable water bottle – 1 liter suggested
- Masks/face coverings
- Optional hiking poles
- A few of your favorite snacks to carry on hikes

### AdventureWomen Essentials

Note: some of the following are personal preferences. Please use your discretion and ask if you have any questions!

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- Travel documents (identification documents, airline tickets/itinerary, money)
- Write down or print out your travel insurance number
- Locks for your luggage if desired
- Travel alarm clock (or phone)
- Headlamp or small flashlight with spare batteries
- Binoculars - 8x40/42 center focus models are excellent - these are optional but great for wildlife viewing
- Digital camera, memory cards, battery charger
- Waterproof phone case for taking photos on the river
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- 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 - optional. We recommend silicone earplugs if you are a light sleeper
- 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

## 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
- At Home COVID tests

Reminder: The key is layers!

*Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.*