

Glacier National Park

CHECKLIST

Clothing

- Lightweight sweat wicking shirts
- Hiking Shorts
- Hiking Pants/Leggings
- Underwear
- Sports Bras
- Lightweight Rain Jacket
- Hat (sun protection)
- Hiking Boots + Hiking Socks
- Camp Shoes (optional)
- Waterproof Sandals
- Sunglasses
- Sleeping Shirt & Shorts
- Fleece Jacket
- Down Jacket
- Wool Base Layers
- Stocking Cap/Gloves
- Swimsuit
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Hiking Gear

- Day pack
- Water filter/treatment
- Pee Cloth (for the ladies)
- GPS Phone (optional)
- Medical Kit
- Towel for swimming
- Water bottle
- Head Lamp
- Bear Spray - pack or pick up!

Personal Items

- Medication (birth control, anxiety)
- Travel Toothbrush & Toothpaste
- Toiletry Bag (Wash, Hair Ties, etc.)
- Phone + charging cord
- Camera + Charging Cord
- Portable Charger
- Chapstick
- Sunscreen & Bug Spray
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