

# What a wędrowniczka needs!

(Take this sheet to the store with you)



## HIKING BACKPACK (5+ DAYS, 70-80 LITERS)

Torso length and hip snug matter most. Go to stores such as **REI** or **Dick's** to have the backpack fitted to your body, needs and budget. Features to consider:

- \* internal frame/frameless
- \* sleeping bag compartment
- \* panel access
- \* outside pockets, hipbelt pockets, shovel pockets, etc.
- \* tool loops, etc.
- \* water bladder and hose exit



Best brands: Deuter, Granite Gear, Kelty, Mountainsmith, My Trail Company, Osprey, The North Face, Maxpedition

## HIKING BACKPACK RAIN COVER



## HIKING BOOTS (get fitted by a specialist)

### CONSTRUCTION OF A HIKING BOOT



Boots should be half a size or one size bigger since feet flatten under the weight of one's backpack. At **REI** you can try hiking boots on an incline to access comfort when going up and down. Required hiking boots features for wędros:

- \* waterproof
- \* ankle support (you don't want to twist your ankle in the wilderness!)
- \* stiff midsole (for long treks on uneven terrain)
- \* good internal support (to reduce foot pain from stepping on rocks)
- \* outsoles with **deep** lug pattern for traction on mountain hikes
- \* heel brake to reduce sliding during steep descent

### **SLEEPING BAG (talk to a specialist at the store)**

For wędros:

- \* 3 season (10-32F)
- \* fits your height
- \* mummy
- \* lightweight and easily compressed
- \* quick drying (synthetic v. down)
- \* hood for head warmth
- \* liner for extra warmth (optional)

### **SLEEPING PAD (try it at the store and decide)**

Closed-Cell Foam Pads



(less expensive but stiffer and bulky)

OR

Air pad



(more expensive but light weight)

### **2 PAIRS SMARTWOOL SOCKS (or more)**

They are breathable, keep away moisture and prevent blisters.

### **DRY WICK CLOTHING**

It dries as you walk! It rained during the entire Smoky Mountains Złaz of 2018. Dry wick really helped!

## **THERMOWEAR (Under Armour)**

Insulates from the cold yet it's light to carry. In high altitudes it can be hot during the day and freezing at night.

## **Convertible Pants (Columbia tends to be least expensive)**

One minute you're cold, the next minute you're hot. These pants turn into shorts! Plus, they are quick drying.

## **RAINWEAR**

- \* waterproof
- \* breathable
- \* laminate material best but most expensive
- \* waterproof pants (optional)

## **ADDITIONAL IMPORTANT ITEMS (we provide mess kits and bear hangs for each sekcja)**

- \* compression bags (L,M,SM) (to save space in your backpack)
- \* dry sack for canoeing, kayaking and rafting (M or L)
- \* TWO 1 liter nalgene bottles (hot and cold safe, BPA free)
- \* bungee cords, carabiners (to attach items to backpack)
- \* spork (titanium recommended)
- \* lightweight drinking cup
- \* mole skin (for blisters)
- \* bug spray with deet
- \* sunblock
- \* anti chafing balm (prevents blisters and strap bruises on shoulders, sold at camping stores)
- \* face net (for gnats and mosquitoes)
- \* trash bags to store boots outside your tent
- \* crocs (to rest feet from hiking boots and/or protect feet in streams)
- \* biodegradable body/heir wash (HARCERKA CHRONI PRZYRODĘ!)
- \* microfiber towel for camping
- \* WHISTLE (used for warning and locating when lost)
- \* different head covering for sunlight and night chill, gloves
- \* TOREBKA BG: mini-first-aid-kit, matches, safety pins, a bit of duct tape, pocket knife, extra batteries, mini-sawing-kit
- \* headlight (to free your hands)
- \* COMPASS FOR ORIENTEERING WITH MIRROR

