

Maine Backpack Trip - Tips

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- * Reason to bring separate backpack and duffel bag is so that we are all ready to backpack on the first morning.
 - * Follow list carefully - do not bring anything extra- think light and small.
 - * You will also have to carry food and crew gear.
 - * We will pack these items into your pack at the shakedown
 - * Baby powder comes in handy for chafed legs and sore/damp feet.
 - * String on new boot laces to your boots
 - * Make sure your boots are well broken in. If not start wearing them all of the time.
 - * Maine's flat trails are mostly bogs! Make sure your boots are waterproof.
 - * Clip your toenails.
 - * Bring cup if you plan on drinking hot chocolate or coffee.
 - * Bring all clothes in a waterproof bag.
 - * Purchase travel size clean up supplies.
 - * If you wear loose pants - bring a belt.
 - * There are a few missing items to the backpacking list because we will need them the day before - we will add them to the pack before start of trek.
- * Questions - don't hesitate to call Mr. Munley