

HOLLY'S GEAR LIST

BASE LAYERS

- * Three (3) pairs sock liners (Smartwool)
- * Six (6) pairs hiking socks (Swiftwick)
- * Two (2) Merino wool t-shirts (WoolX)
- * One (1) 150-count Merino wool long-sleeve half-zip hoodie (Patagonia)
- * Six pairs of Merino wool boy short underwear (Ridge and Stoic)
- * One (1) pair of 260-count Merino wool long underwear bottoms (WoolX)
- * Two (2) pairs of 150-count Merino wool long underwear bottoms (Ibex – didn't wear these)
- * One (1) 260-count Merino wool long underwear shirt (WoolX)
- * One (1) Hobnail long-sleeve most comfortable shirt in the world! ☺
- * Two (2) Merino wool racerback sports bras (Smartwool, Ibex)
- * One (1) 260-count Merino wool quarter zip (Icebreaker)
- * One (1) long-sleeve synthetic t-shirt (Champion)
- * Two (2) long-sleeve Merino wool t-shirt (WoolX)

OTHER PERSONAL STUFF

- * One (1) wool beanie (Sherpa Adventure Gear)
- * One (1) Hobnail ball cap
- * One (1) Nalgene bottle
- * Baby lotion
- * Foot care products (moleskin, rubber toe hugs)
- * Headlamp (Black Diamond)
- * Adult baby wipes (Klenz was awesome – towel sized!)
- * Hand and Toe Warmers
- * Extra shoe laces
- * Tums
- * Hiking boot (Oboz)
- * 0-20° sleeping bag
- * 25-liter daypack (Camelbak) with 3-liter bladder
- * Lifestraw Go Filter Bottle w/2-stage filtration
- * Hiking poles (Black Diamond)
- * Four (4) buffs
- * Neck wallet (Lewis N. Clark)
- * Earplugs
- * Luggage locks
- * Stuff sacks and plastic bags
- * Two (2) pairs UV sunglasses

MID-LAYERS

- * One (1) Merino wool long-sleeved jacket with thumb holes (Outdoor Research)
- * One (1) long-sleeve, full zip, fleece jacket (Columbia)

OUTER LAYERS

- * One (1) pair hiking pants (Columbia)
- * One (1) pair hiking tights (The North Face)
- * One (1) pair fleece-lined hybrid tights (Outdoor Research)
- * One (1) 800-count hooded down jacket (Arc'teryx)
- * One (1) windbreaker rain jacket (Patagonia)

- * Lip balm
- * Sunscreen
- * Crossword puzzles
- * Pee bottle
- * Lightweight tea house sneakers
- * Go Girl (she-nis)
- * Kindle Fire
- * Clean, dry clothes to put on once back in Kathmandu
- * Eye mask and neck pillow for international flights
- * Ear buds and charger for iPhone
- * Diamox, Dramamine, Ibuprofen, Tylenol, Pepto Bismol, Immodium, etc.
- * Airborne for the international flights
- * Fleece pajamas to wear in teahouse
- * Universal travel adapter
- * One (1) balaclava
- * One (1) pair glove liners (Swiftwick – wore these most of the time)
- * One (1) pair xxxxxx gloves (xxxxxx)
- * Wide-brim hat
- * Heavy gloves