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 Merion 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)

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)

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
- 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