



WWWTREK

OUR PLANET... WE GUIDE IT, YOU TREK IT.

Moab Utah Yoga Retreat | Gear & Packing List

Gear selection is one of the most important steps when preparing for your trek. The right gear is pivotal in your trekking experience. The following is a suggested gear list to help you prepare for your Southern Utah Adventure. There are many brands and types of clothing and gear. Usually higher quality leads to longer life of the item. Take note of items you will use again after this trip when buying new items. Gear you will only use once may be of lower quality. Please make sure your gear is comfortable and fits well.

Laundry services are available on the nights spent in Moab, Utah.

Have Gear Questions? Please do not hesitate to contact our gear experts at 801.943.0264 if you have the equipment you are not sure fills our requirements or any other questions. We want to ensure everyone is prepared for a wide array of conditions, and a good experience on the mountain dictates having the right gear.

Packs & Bags



YOGA Mat & Wear

Please bring your own YOGA Mat & Yoga wear/clothing for YOGA activities.



Rolling Suitcase

Bring a rolling suitcase for ease of transport to and from your room.

Pro tip: If you use small bags to separate your clothing and other items, you will have a much easier time finding everything in your large duffel!



Toiletry Bag

Please include soap, a toothbrush, toothpaste, hand sanitizer, and toilet paper in a bag for the trek. Don't forget any medications you will need. This doesn't need to be anything fancy.



Travel Locks

Used for securing luggage in transit and for your storage duffel bag. Make sure that you buy TSA-approved locks. Please store a spare key in a separate bag or pack.



Medium-sized Day Pack

We recommend a 15-25 liter pack. You will carry day-use items such as a water bottle, camera, lunch, and extra clothing layers in this backpack.



Day Pack Rain Cover *(Optional)*

A rain cover should be fitted to the size of your day pack. This cover keeps your gear dry in the event of precipitation.

Clothing & Layering

Clothing impacts not only your comfort but also your safety. Always be critical of the quality and fit of your clothing. Cotton clothing must be avoided as it dries very slowly and is a poor insulator when wet. Instead, choose wool or synthetic fabrics that wick the sweat away from your skin. If you pick layers that build on each other, you will be able to add or remove layers to match the weather and stay warm and dry.

Four-Layer System

- A. **Base Layer:** Manages moisture and wicks perspiration away from your skin (Polypro, Capilene, dri-clime)
- B. **Insulating Layer:** Should be down-fill or synthetic-fill (e.g. down, primaloft, or polarguard)
- C. **Softshell:** Should be a durable, comfortable, insulating, and wind/water resistant layer that breathes well. The main softshell fabrics are Polartec Wind Pro, Gore Windstopper N25, Schoeller, and each clothing manufacturer's own fabrics.
- D. **Hard shell:** Windproof, waterproof, and breathable (e.g. Gore-Tex or similar)

Shirts & Jackets



Base Layer T-Shirt

Two short-sleeved tech shirts that are good at wicking moisture. Synthetic or wool materials only; no cotton.



Long Sleeved Shirt

Bring at least one long-sleeved tech shirt made of synthetic or wool material. A sun shirt works well, and a light color works even better.



Mid-Layer Top

A warmer long-sleeved synthetic mid-layer with quick-drying capabilities. A grid fleece or hybrid works well because of its lightweight, breathability, and flexibility. No cotton.



Insulated Jacket

A soft shell or insulated jacket. Fleece, down, or synthetic is ok.



Hard-Shell Jacket

A waterproof jacket for when the weather turns wet. A Gore-Tex rating is recommended. Ensure your jacket has underarm zippers and no insulation.



Rain Poncho

A poncho provides a lot of rain protection in a lightweight package.

Pants & Shorts



Trekking Pants

One Pair of lightweight full-length trekking pants. Zip-off pants are nice.



Trekking Shorts

One or two pairs of comfortable trekking shorts. Mid-thigh length or longer is recommended for sun protection.



Hard-Shell Trekking Pants

Gore-Tex or other waterproof pants. Full-Length side zippers are a nice upgrade. Don't feel the need to buy the best pair of pants.

Headgear



Warm Skull Cap

A beanie or ski hat to keep your head warm.



Sunhat

Something to keep the sun out of your eyes and off your face. Your favorite personal hat is a great choice.



Neck Buff/Gaiter

One or two buffs for sun and wind protection of your face and neck.



Sunglasses

We prefer polarized sunglasses with UV protection. Sunglasses should be dark and protect your eyes well.



Headlamp

Please ensure your headlamp works well and has a tilting function. 200+ lumens is recommended. A headlamp with a rechargeable battery is not recommended for cold weather. Please bring extra batteries!

Gloves



Medium-Weight Gloves

A midweight fleece glove with windproof material.

Footwear



Light-weight Trekking/Running Shoes

One pair of lighter shoes for casual wear and for shorter trekking days.



Hiking Boots

One pair of sturdy, water-repellent hiking boots. These should be well broken in before the trip. A high-top boot is preferable.



Heavy Wools Crew Socks

Four to six pairs of heavy synthetic or wool hiking socks.



Gaiters

One pair of waterproof gaiters. These keep rocks, dirt, and water out of shoes and boots in the event of dusty trails or precipitation.

Personal Equipment



Trekking Poles

3-section adjustable trekking poles with snow baskets.



Universal Power Adapter

A universal travel adapter. One with USB ports is convenient.



Water Bottle

A water bottle with a minimum 1L capacity for treks.

*****Not Necessary if you have a hydration pack.***

Medicine

- ☐ **Dramamine:** (Over the counter) If you are prone to “car sickness” it is always a good idea to bring for motion sickness.
- ☐ **Lip-screen:** Two sticks of lip balm with an SPF rating of 20 or higher
- ☐ **Sunscreen:** A few small tubes of sunscreen with an SPF rating of at least 45.
- ☐ **Insect Repellent:** We recommend 100% DEET, in lotion or liquid spray bottle form.
- ☐ **Personal Medications:** Don't forget to pack your personal medications!
- ☐ **OTC Medications:** We recommend bringing Pepto-Bismol, Imodium A-D, and Cough Drops.

Additional Items

- **Travel/Casual Clothes:** You will need street clothes for air travel and evenings
- **Dress Clothes:** We recommend bringing a few dress shirts and dress pants for dinner(s).
- **Swimsuit:** A swimsuit you already own will be great.
- **Camera:** Please make sure to bring your SD card, cords, and other accessories.
- **Additional Toiletry Items:** Hand wipes, washcloth, deodorant, etc.
- **Snack Bag:** Bring a one-gallon-sized bag of energy bars and other small snacks to keep in your day pack to eat between meals if needed. Bring food you like to eat.
- **Travel Light:** Bring a small travel light with you just in case.

Recommended Apps



WhatsApp Messenger

[Android](#) | [iOS](#)



Google Photos Photo sharing

[Android](#) | [iOS](#)



World Clock

[Android](#) | [iOS](#)



Google Translate

[Android](#) | [iOS](#)



GlobeConvert

[Android \(Alt\)](#) | [iOS](#)



Skyview

[Android](#) | [iOS](#)



Peak Finder

[Android](#) | [iOS](#)



Strava

[Android](#) | [iOS](#)



Weather Underground

[Android](#) | [iOS](#)