



## Hante Spain 2025 Clothing and Equipment List

### Purpose and Considerations

Packing for your Hante trip should be done with care to ensure you have all of the necessary clothing and equipment for a safe and fun trip. Our goal is that each participant can pack all their belongings (both for the hiking portion and the cultural portion) in their main 40 liter pack. This will leave you hands free and easily mobile as we navigate the airports, cities, buses and trains through Spain. What this also means is that everyone should carefully examine their packing list and make decisions on their personal equipment that will make this possible. Each item on this list has been carefully selected and is required, unless noted optional. Please be mindful to pack clothes for multiple uses - synthetic materials, for example, are great for staying dry, clean, warm, and cool for a days of use.

### Eagle's Nest Foundation Gear Lending Library

Thanks to the generosity of Eagle's Nest Camp, Hante, and Outdoor Academy alumni and donors, we have a supply of outdoor clothing and equipment to lend for your trip. If obtaining the items on this list poses a challenge for you, please reach out to Ed Haubenreiser ([ed@enf.org](mailto:ed@enf.org)). We will work with you confidentially to provide as much as we're able.

### How to Find What You Need

1. **First, use gear you already own.** Most of the clothing/equipment you need you likely already own.
2. **Go to a thrift store or second hand outdoor gear shop!** Your local thrift store or used outdoor gear shop is a great place to buy basic items like fleece, long underwear, long sleeve shirts, and shorts. With the added benefit of not being afraid to beat it up a little!
3. **Visit your local outdoor store.** For some specific items, such as boots, it is immensely important to try things on to get the right size and fit.
4. **Shop online to find discounts.** Websites like REI Outlet, Backcountry.com, Sierra Trading Post, and Steep and Cheap, all regularly have sales or offer discounted prices.

### Additional Considerations

- **Money:** We are asking participants to bring no more or less than €300 or \$400. This is to create equality towards personal spending, whether it's souvenirs or treats that are not already covered in the Hante price. Common essentials (meals, water, accommodations, etc) are already included.
- **Electronics and Cell Phones:** We will be collecting all electronics, including cell phones, on opening day. They will remain off and stored for the duration of the trip on campus, and then returned to participants when they arrive at CLT from Spain. This is to ensure participants can fully engage and enjoy their Hante experience. Throughout the course of the Hante, our instructors will be communicating with Eagle's Nest to give updates, including when all have arrived safely. Eagle's Nest is not responsible for any damage incurred to stored electronics. Cameras are acceptable.
- **Packing:** Please only pack what is on the list, space will be limited! There will be opportunities to wash clothes at most places. Brands are listed for guidance, but are not a requirement to fulfill the packing list.
- **Label!** Chances are, someone else will come with similar gear. Labeling is also helpful in the event you accidentally leave something with us.

Equipment			
Gear	Borrow	#	Description
<b>*Items marked with an “x” under “Borrow” or “Purchase” indicate that the item is available to be borrowed from us or purchased from the canteen.</b>			
<b>Backpacks and Bags</b>			
Backpack	x	1	<b>40 Liters.</b> This is one of the most important items for our trip, as it will/should serve as your main luggage carrier for the trip and will need to fit all of your gear for the Camino *Please let us know if you would be interested in borrowing one of our available packs
Backpack Cover	x	1	<i>*Optional.</i> 100% Waterproof backpack cover
Packable Day Pack		1	This should be a small packable school backpack or light nylon day pack that can be packed into your larger pack easily. There are many cheap, light ones that stuff down smaller than your fist. This is for daily excursions and your carry-on. This will also store the gear you don't need for the Camino (please, no duffel bags) Try <a href="https://shorturl.at/aBFS2">https://shorturl.at/aBFS2</a>
<b>Sleeping Gear</b>			
Bed Liner		1	Your nightly accommodations will provide sheets and pillows with pillow cases. Sleeping bag liners work great
<b>Additional Items</b>			
Water Bottles		2	Minimum 2 - 1 Liter each. Note: if you bring a hydration system, you must also bring 2 1-Liter water bottles. Smartwater plastic bottles are light, durable, and pack well.
Headlamp		1	Hands free light for when it is dark! Please bring extra batteries. Rechargeable headlamps are not recommended.
Nylon Stuff Sack		2-3	Variety of sizes. These are handy for food storage and keeping all of your personal items organized.
<b>Footwear and Clothing</b>			
Gear	Borrow	#	Description
<b>Footwear</b>			
Trail Running Shoes		1	Comfortable, stable, cushioned trail running shoes – break them in before arrival to prevent blisters! ( <i>Recommend: Asolo, Vasque, Merrell, Altra, Hoka, Brooks</i> ). We have a small selection of used footwear in the GLL, so feel free to ask and we can work to assess fit.

Camp Shoes		1	*Optional. To wear and walk around in after you arrive to each town. (Chacos, Tevas, light sneakers, Keens, but no flip-flops or Crocs.)
Hiking Socks		2-3	Non-Cotton, hiking socks. These are extremely important for preventing blisters and keeping feet warm when wet. <i>(Recommend: Smartwool, darn tough, REI, or similar. Look for "merino wool".)</i>
Socks		2-3	Should also be synthetic or wool, but can be lightweight. These will be comfortable to change into when walking around towns
<b>Active Wear</b>			
Synthetic Shirts		2-3	Synthetic, non-cotton t-shirts for our trek and climb days <i>(Recommendation: REI, Patagonia Capilene or similar.)</i>
Long Sleeve Synthetic Shirt		1	Synthetic, non-cotton, for sun protection and warmth on chilly days <i>(Recommend: REI, Patagonia, or similar)</i>
Fleece Jacket or Insulating Jacket		1	Fleece or synthetic insulation for chilly nights, Non-Cotton. This should be able to pack down SMALL <i>(Recommendation: REI Groundbreaker, Patagonia Synchilla, Sierra Designs Cold Canyon Hoodie, or Similar)</i>
Rain Jacket		1	Must be 100% waterproof! Should include hood
Sports Bra		2-3	If you wear these, bring them! Non-cotton, synthetic.
Athletic Shorts		2-3	Synthetic, non-cotton. <i>(Recommendation: REI, Patagonia Baggies, Nike Runners, or similar athletic shorts.)</i>
Underwear		5-8	Synthetic, non-cotton pairs are great for our trek, but please bring a few breathable cotton pairs for our travel and prep days.
Hat		1	A baseball or wide-brimmed hat for sun protection.
<b>Outfits (for in-town, separate from Active Wear)</b>			
"Nice" Evening Clothes		1-2 sets	These will be the clothes you wear in the evening and washing up. They should be comfortable, and appropriate to wear to dinner (covered shoulders, bottoms longer than mid-thigh length) and other functions in or around the small towns and villages. These should be warmer clothes for cool evenings.
Decent "Travel" Clothes		1-2 sets	Casual. These are the clothes you will be wearing the majority of the time when not hiking or being active, all the while being respectful of culture and religious standards for entering those spaces (covered shoulders, bottoms longer than mid-thigh length) Synthetics and blends are recommended here as well since wicking fabrics will keep you drier and warmer on cooler days. Participants have packed shawls in the past

Miscellaneous and Personal Items			
Gear	Borrow	#	Description
<b>Toiletries</b>			
Toothbrush/ Toothpaste		1	Plus any retainers you may wear
Glasses, Contacts		-	Please bring any you regularly wear as well as a backup pair.
Sunglasses		1	For that sunshine. <i>Don't forget the Chums to keep them attached to you!</i>
Ankle, Knee, Wrist Braces/Wraps		-	Please bring any you <b>regularly</b> wear. If you don't wear them, they are not needed.
Travel Shampoo/ Soap		1	Travel size please
Deodorant		1	Please bring an unscented deodorant. Travel Size!!
Personal Kit		1	Including: waterproof sunscreen (SPF 30+), Band-Aids, Chapstick with SPF, Wet Ones Wipes, Menstruation materials, and Hair Care Supplies. Make this kit SMALL (Travel Sizes ideal)
Blister Kit		1	Including: Moleskin and Second Skin products for blister treatment and athletic tape. Various brands of these products can be found in the skin care section of local pharmacies and grocery stores. Single packages for each participant will suffice.
<b>Miscellaneous</b>			
Wallet, with Personal Spending Money		1	We are asking participants to bring no more or less than €300 / \$400. This is to create equality towards personal spending, whether it's souvenirs or treats that are not already covered in the Hante price. Common essentials (meals, water, accommodations, etc) for the adventure are already included in the Hante price. <b>Wallet should also include your student ID, as some activities offer discounts</b>
Bandana		2	These are excellent in a variety of ways. From sun protection to cleanliness.
Pack Towel		1	Synthetic material. Absorbent and quick drying.
Large Ziploc Bags		4-8	These will be used for keeping items dry and organized in our packs.
A great book		1-2	*Optional. Paperbacks are preferable and easier to pack. No e-readers please
Notebook + pen		1	For journaling