



Backpacking Equipment List

Gear

Backpack (40 Liter minimum)
Sleeping Bag (best in compression stuff sack)
Sleeping Pad (Therma-rest or foam)
Headlamp or flashlight
Water Bottle
Lightweight Tent (if available)
Dishes (metal or plastic): 1 bowl, 1 cup, 1 spoon, 1 fork

Toiletries

Sunscreen
Toothbrush & Toothpaste
Insect Repellent

Clothing (to wear or pack)

Stuff Sacks, or plastic bags to pack clothes in
1 Sunhat
1 T-shirt (2, for trips 2 or more nights)
1 Set Long Underwear (top and bottom) – non cotton, polypropelene
1 Pair Shorts (2, for trips 2 or more nights)
1 Pair Pants (quick drying, if possible)
1 Fleece Jacket
1 Rain Jacket
1 Rain Pants, or extra pair lightweight pants
1 Warm Hat and Gloves
1-2 Underwear (or x number of days out)
1 Bandana (if available)
2-3 Pair Synthetic or Wool Socks (or x number of days out)
Hiking Boots and Sturdy Sandals
Whistle

Optional: Camera, Journal, Book, playing cards

Food: Lunch for our day of departure. We will provide all other food.