



Backpacking Equipment List

Gear

- Backpack (40 Liter minimum)
- Sleeping Bag (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

Clothing (to wear or pack)

- 1 Stuff Sack or large Ziploc bags to pack clothes in
- 1 Sunhat
- 1 T-shirt
- 1 Set Long Underwear (top and bottom) – non cotton, polypropelene
- 1 Pair Shorts
- 1 Pair Pants (quick drying if possible)
- 1 Fleece Jacket
- 1 Rain Jacket (and pants, if possible)
- 1 Warm Hat and Gloves
- 1-2 Underwear
- 1 Bandana (if available)
- 2 Pair Synthetic or Wool Socks
- Hiking Boots or Sturdy Sandals

Optional:

- Camera
- Insect Repellent
- Whistle

Food:

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