

|  |  |
|--|--|
| BIG Packing List   |  |
| Target weight for your full pack, including water is 20 - 30% of your body weight. THINK LIGHT!! |  |
|  |  |
| <b>Personal Gear</b>   | <b>Other Personal Gear</b>                                 |
| backpack with hip belt   | comb or brush; hair ties                                   |
| trash bag that fits over your entire pack or pack cover  | toilet paper: enough for the trip in 2 separate zip bags   |
| sleeping bag   | sanitary supplies  |
| pack sleeping bag in in plastic bag and stuff sack (or waterproof stuff sack)                    | tp disposal kit: 2 quart zip                               |
| sleeping pad (closed cell)   | toothbrush and toothpaste (share!)                         |
| <b>Clothing (includes what you wear hiking)</b>  | small pack towel - bandana size or smaller                 |
| boots BROKEN IN  | first aid kit (moleskin, Band-Aids, lip balm)              |
| 2 pair wool or acrylic socks   | small repair kit (duct tape, needle & thread, safety pins) |
| 2 liner socks  | Compass  |
| warm hat   | Watch  |
| sun hat with visor   | Whistle  |
| 1 pair long zip off or non-cotton pants  | Sunglasses   |
| 1 pair lightweight rain pants and jacket   | 3 bandannas (different colors)                             |
| 1 pair synthetic thermals (top and bottom)   | small flashlight or headlamp and extra batteries           |
| 2 sets underwear (top and bottom)  | glasses/case, retainers/case                               |
| t-shirt, synthetic or < 50% cotton   | contacts/solution  |
| wool sweater or light fleece   | unscented hand sanitizer                                   |
| closed- toe water shoes or Crocs   | personal medicine clearly labeled                          |
| <b>Personal Cooking Gear</b>   | sunscreen and bug repellent (non-DEET)                     |
| 2 plastic water bottles -1L or 1Qt. (Water bladder also acceptable)                              | <b>Optional Personal Items</b>                             |
| 1 spoon and 2 cups or 1 cup and bowl   | swim suit  |
| pocket knife (small)   | gloves (or extra socks)                                    |
| gallon zip bag for your garbage  | deodorant (tiny!!!)  |
| nylon stuff sack for food lined with 13 gal. plastic bag   | camera and extra battery                                   |
| 50ft light rope for hanging food   | sleeping bag liner   |
| <b>Food</b>  | Knee brace (if needed)                                     |

|  |                                      |  |  |
|--|--------------------------------------|--|--|
|  | personal snacks                      |  | hiking poles   |
|  | lunches (each day)                   |  | <b>Shared Gear: (you will be given one or more items)</b>  |
|  | your portion of group food to share: |  | Cook (Billy) Kit, includes 2 pots, 1 lid, stove, pot grabber, bandana, scraper, soap, lighter, scouring pad, cup |
|  | Breakfast                            |  | Serving spoon  |
|  | Dinner                               |  | Frying Pan and Spatula   |
|  |                                      |  | Shelter, poles, stakes, Tyvek (ground cloth)   |
|  |                                      |  | Water bucket with cup and soap   |
|  |                                      |  | Shovel for biffy (dig holes for bathroom use)  |
|  |                                      |  | Larger First Aid kit   |
|  |                                      |  | Iodine (to purify water)   |
|  |                                      |  | Maps   |