

# BACKPACKING

# PACKING LIST

## REQUIRED BACKPACKING ITEMS

**\*\* NONE of this is optional! \*\***

### MAIN GEAR

- backpack with hip belt
- pack cover or trash bag that fits over your entire pack
- sleeping bag packed in plastic bag
- sleeping pad (closed cell, NOT inflatable)
- boots BROKEN IN

### CLOTHING: INCLUDES WHAT YOU WEAR ON DAY 1

- 2 wool or acrylic socks
- 2 liner socks
- warm hat
- sun hat with visor
- 1 pair long hiking type pants
- 1 pair lightweight rain pants and jacket
- 1 pair synthetic thermals (top and bottom)
- 2 sets underwear (undies/bra)
- t-shirt, synthetic or less than 50% cotton
- wool sweater or fleece
- aqua sox / crocks (closed- toe water shoes)

### COOKING GEAR

- 2 water bottles/bladder (1 must be 1L/qt leak proof bottle)
- spoon, cup and bowl
- pocket knife (small/basic!)
- gallon Ziploc for carrying out garbage
- nylon stuff sack for storing/hanging food lined w/13gal plastic bag or ALL food in big Ziploc
- 50ft light rope for hanging food

### PERSONAL GEAR

- comb or brush; hair ties
- toothbrush and toothpaste (share!)
- small pack towel - bandana size or smaller
- toilet paper: enough for the trip in 2 separate Ziploc's
- sanitary supplies and disposal bag
- glasses/case, retainers/case, spare contacts/solution
- first aid kit - moleskin, band aids, lip balm
- small repair kit - duct tape, needle & thread, safety pins
- personal medicine (in pharmacy container)
- knee brace etc if you know you may need it
- compass
- watch
- whistle
- sunglasses
- 2 bandanas (different colors)
- small flashlight or headlamp
- extra batteries
- unscented hand sanitizer
- sunscreen

### FOOD TO BRING

- 2 lunches for you
- your personal snacks
- group food for dinner – including fruit or veggie
- group food for dessert
- group food for breakfast – including fruit or veggie
- optional hot drink mixes

## OPTIONAL BACKPACKING ITEMS

### OPTIONAL PERSONAL ITEMS

- swim suit (or wear sports bra and shorts)
- rain poncho
- gloves (or extra socks)
- fishing gear
- deodorant (tiny!!!)
- camera and extra battery
- sleeping bag liner
- hiking poles
- bug repellent

### GROUP / SHARED EQUIPMENT

**\* specifics varies with size of group, items will be distributed at pack check/planning meeting \***

- tents, footprints, stakes
- billie kits – pot, lid, stove, bandana, scraper, soap, lighter, scouring pad
- spatula/serving spoons
- frying pan
- fuel
- lighter/waterproof matches
- buckets, cup, soap
- bif shovel
- group first aid kit
- rope - amount depends bear boxes vs hanging
- maps
- iodine